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One year after, pharmacy leaders commemorate Sir Atueyi's legacy

- Say national development driven by character, not just policies

By Temitope Obayendo

As the first anniversary of the passing of Pharm. (Sir) Ifeanyi Atueyi, founder and publisher of ***Pharmanews***, is marked this July, leaders in the pharmacy profession are reaffirming his indelible contributions and the profound void left by his demise. They emphasise that the memories of his impactful life prove that sustainable national

continued on page 8



L-R: Mr. Lekan Alabi, director of finance, Reals Pharma; Mr Rajesh Kumar Yadav, head, international business, Halewood; Pharm Ade Popoola, group managing director, Reals Pharma; Mr Krutin Chaturvedi, managing director, Halewood; Pharm Kunle Adesoye, sales and marketing director, Reals Pharma; and Mr Ronak Mhatre, Halewood regional head, West Africa; during Reals Pharma Group 30th anniversary and the unveiling of Dr Fizzo, a new therapy for acid-related disorders, held recently in Lagos.

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Desire to sustain my husband's legacy keeps me going – Lady Joan Atueyi



Pharmanews clinches historic eighth NHEA award, as organisers honour Sir Atueyi

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Olawale Sulaimon: Big-hearted neurosurgeon giving back goodwill that changed his life

—page 16





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Dozie Ifeanyi Atueyi
Executive Director
09063305056

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

Peter Ogbonna
Advert Manager
08137814813

Samuel Dike
Advert Executive
08183570555

Elizabeth Amuneke
Admin. Manager
08057235128

Chinedu Udeanyim
Accountant
07066300374

Gloria Obikili
Subscription Executive
08171029734

Andy Benson-Idima
Graphic Artist
08037151780

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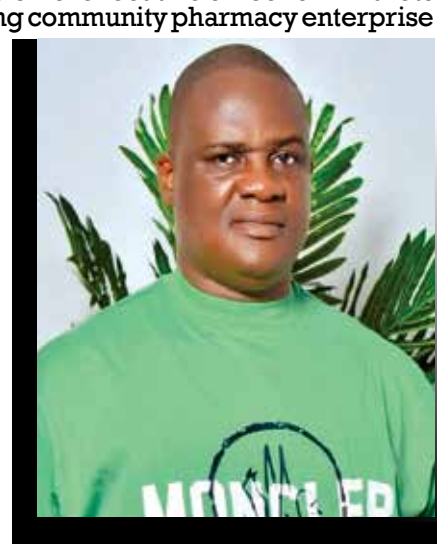
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Pharmanews Limited
8 Akinwunmi Street, Mende,
Maryland, Lagos
P.O.Box 2213, Ikeja
Tel: 08057235128, 08055212962.

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

PHARM. BABATUNDE OLAYIWOLA



Pharm. Babatunde Abdulsalam Olayiwola, DCPharm, is the managing director and chief executive officer of Minarets Pharmacy Limited, a thriving community pharmacy enterprise with two branches in Ibadan, Oyo State.

The respected community pharmacist, entrepreneur and professional leader has distinguished himself through his commitment to quality pharmaceutical care, healthcare accessibility and the advancement of pharmacy practice.

Born in 1977 in Ibadan, Oyo State, he had his pharmacy degree at Obafemi Awolowo University, Ile-Ife, graduating in 2004. Driven by a desire to broaden his managerial competence, he later obtained a Master of Business Administration (MBA) from the same university in 2011.

Following his internship training with Pfizer Specialties Limited and national service in Mkar, Gboko, Benue State, Olayiwola began his professional career as a medical representative at Phamatex Nigeria Limited in November 2006. He later worked with Greenlife Pharmaceuticals Limited and Taylek Drugs Company Limited, where he spent four years between 2010 and 2014, gaining valuable experience in pharmaceutical marketing, business development and healthcare management.

While working with Taylek Drugs, he ventured into private community pharmacy practice with the establishment of Minarets Pharmacy in the Awotan-Apete area of Ibadan in 2012. What began as a vision to provide accessible and quality pharmaceutical services has since grown into a successful pharmacy business with two branches, serving the healthcare needs of numerous residents across the city.

His appointment as Chairman of the Asiwaju Adebowale Omotosho Pharmacy House Commissioning Committee stands as one of his most notable recent contributions to organised pharmacy. The successful execution of the project underscored his organisational skills, collaborative spirit and commitment to initiatives that promote the welfare and progress of pharmacists in Oyo State.

A proud indigene of Ibadan, Oyo State, and a devout Muslim, Olayiwola is known among colleagues and associates for his humility, diligence and unwavering commitment to excellence. He has remained passionate about improving access to quality healthcare, advancing community pharmacy practice and supporting initiatives that promote the growth of the profession.

A recipient of the Distinguished Community Pharmacist (DCPHARM) Award, Pharm. Olayiwola has built a career defined by professionalism, resilience and service. Through his community pharmacy practice and active involvement in professional associations, he has continued to contribute meaningfully to healthcare delivery while supporting initiatives that strengthen the pharmacy profession.

Beyond his professional accomplishments, he is a devoted family man who places great value on faith, family and service to humanity. He is happily married and blessed with children.

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Inspiration

When you wake up each morning with a burning passion to accomplish a goal, you've already won the day. - **George Alexiou**

Keep your focus on the things you can actually control. Choosing to center on anything else will either stop you in your tracks or significantly slow you down. - **Sherene McHenry**

Those who truly want greatness must surround themselves with people even greater than they are. - **Dan Pearce**

"Don't limit yourself by what you've achieved. All your past achievements are only stepping stones for the greatness to come. - **LaShawnda Jones**

Never focus your attention on what the world has to say about you. Rather turn your focus inside and listen to what your inner voice has to say to you. - **Abhijit Naskar**

An entrepreneur is a man who knows he can fail, but he does not accept to fail before he actually fails, and when he fails he learns from his errors and moves on. - **Bangambiki Habyarimana**

Dreams must be chased, for if we wait for them to chase us we will live a life of waiting. - **Craig D. Lounsbrough**

A person who does not have respect for time, and does not have a sense of timing, can achieve little. - **Verghese Kurien**





Integrity: Nigeria's missing key to healthcare reform

One year has passed since the death of Sir Ifeanyi Atueyi, founder and publisher of ***Pharmanews***, yet his influence continues to reverberate across the country's healthcare landscape. Beyond honouring a distinguished life, his legacy serves as a critical reminder of the transformations the sector urgently needs.

As has been repeatedly emphasised by all who knew him, Sir Atueyi embodied integrity, a principle fundamental to meaningful and lasting progress. At a time when Nigeria's health system is buckling under the weight of corruption, chronic underfunding, weak infrastructure, workforce shortages and limited access to quality healthcare for millions of citizens, his example becomes not merely commemorative but prescriptive; a diagnostic framework for understanding why transformation has remained elusive in the sector.

The gap between Nigeria's healthcare potential and its current reality is not fundamentally a problem of capacity, policies or strategies. Rather, it is a crisis of integrity. While financial constraints are often cited as the primary challenge, the deeper problem is frequently one of leadership, accountability and the failure to translate commitments into action.

Nigeria possesses immense human and material resources. It has one of the largest populations in Africa, a vibrant pharmaceutical workforce, world-class healthcare professionals and a growing private healthcare sector. Yet the country remains heavily dependent on imports for active pharmaceutical ingredients, excipients and many essential medicines. Successive governments have repeatedly pledged to strengthen local pharmaceutical manufacturing and reduce import dependence, but progress has remained painfully slow.

This is where the question of integrity becomes unavoidable. Integrity requires more than making promises; it demands honouring them. It requires policymakers to place the national interest above personal or political considerations. It demands consistency between rhetoric and action. Had healthcare development received the level of commitment repeatedly promised over the years, the country's pharmaceutical manufacturing capacity would be significantly stronger today, reducing its vulnerability to global supply chain disruptions and foreign exchange volatility.

Another troubling manifestation of this failure of integrity is the continuing exodus of healthcare professionals. Thousands of doctors, pharmacists, nurses and other health workers leave the country annually in search of better working conditions, professional fulfilment and economic security. This migration is often discussed in terms of remuneration, but it also reflects a deeper crisis of confidence in the system itself.

Healthcare professionals are more likely to remain where merit is rewarded, resources are responsibly managed and institutional promises are fulfilled. When working environments deteriorate, infrastructure remains inadequate and commitments to welfare are repeatedly neglected, the inevitable result is frustration and attrition. The loss of highly trained professionals weakens healthcare delivery, places additional pressure on those who remain and undermines the nation's long-term capacity to provide quality care.

At the service-delivery level, concerns about unethical practices continue to diminish public confidence. Reports of bribery, unofficial payments and administrative bottlenecks persist in some healthcare institutions. While many healthcare workers continue to serve with exceptional dedication and professionalism under difficult circumstances, systemic failures and ethical lapses tarnish the reputation of the broader sector.

The challenge extends beyond domestic resources. Over the years, Nigeria has received substantial support from international development partners for programmes targeting malaria, HIV/AIDS, tuberculosis, maternal health and other public health priorities. Yet the impact of some of these interventions has often fallen short of expectations. Questions surrounding transparency, accountability and the effective utilisation of funds continue to attract public scrutiny.

No healthcare system can achieve excellence where integrity is treated as optional. Similarly, healthcare sovereignty cannot flourish in an environment where accountability is weak. A nation that relies overwhelmingly on foreign countries for medicines, pharmaceutical ingredients, vaccines and critical medical supplies remains vulnerable to external shocks. Nigeria has the intellectual capital, entrepreneurial capacity and market potential to become a pharmaceutical manufacturing powerhouse on the African continent. What remains insufficient is the ethical discipline and political commitment required to transform aspiration into achievement.

Integrity in governance would ensure that healthcare budgets are utilised for their intended purposes. Integrity in regulation would strengthen confidence in medicines and healthcare products. Integrity in leadership would encourage merit, innovation and professionalism. Integrity in service delivery would restore public trust in healthcare institutions.

As we commemorate the life and legacy of Sir Ifeanyi Atueyi, it is important that we move beyond remembrance to action. His enduring contribution was not merely the founding of ***Pharmanews***. It was the promotion of values capable of transforming individuals, institutions and societies.

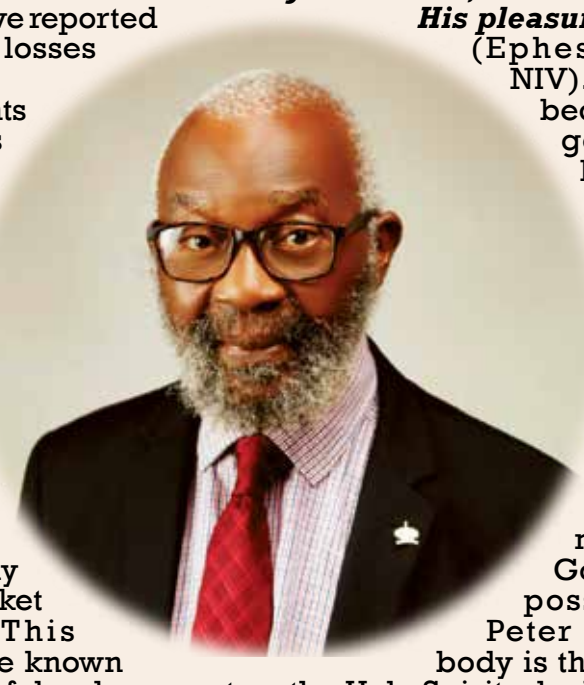


Finding your true identity

By Sir Ifeanyi Atueyi
(1939-2025)

Your identity is your unique personality and individuality. At certain times in life, people feel confused or unsettled because of pressure and uncertainty about who they are and their place in society. This is called an identity crisis, and it often happens during adolescence.

Identity theft is different. It happens when someone uses another person's details, such as their name, bank account number, debit or credit card information, passport, driving licence, or voter's card, for fraud. Many crimes are committed online when criminals hack into accounts and steal personal information. Some banks have reported large financial losses because of this.



Governments issue passports to identify their citizens. Although passports have security features, some have been forged. In the past, many Nigerian passports were faked, especially at Oluwole Market in Lagos. This market became known for producing fake documents of all kinds, including school certificates, university degrees, letters, receipts, and certificates of occupancy.

Many young people who wanted degrees without studying obtained fake certificates from this market. Even some "ghost workers" in government may have used such documents to secure jobs. Thankfully, law enforcement agencies are now making it harder for such activities to continue.

Natural identity, however, cannot be forged. God created every human being as unique. Our genetic makeup is different. The fingerprints of all 7.4 billion people in the world are not the same. From the time of Adam until now, no two fingerprints have been identical, and this will not change.

The iris of the eye is also unique to each person. Each voice is different, and no two faces are exactly the same.

Do you ever look at yourself in the mirror and say, like King David, ***"I praise you because I am fearfully and wonderfully made"*** (Psalm 139:14)? God created human beings with unique qualities and purposes to reflect His glory. We are made in God's image, so our true identity should be found in Him.

Any identity that is separate from the Creator leads to confusion. When people focus only on themselves, they do not find lasting fulfilment. We discover our true identity as we grow closer to Jesus Christ. ***"To all who received Him, to those who believed in His name, He gave the right to become children of God"*** (John 1:12).

As a believer, you have been given the right to become a son or daughter of God. ***"He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will"*** (Ephesians 1:5, NIV). This is not because of our good works but because of God's will.

As God's child, you are part of a chosen people, a royal priesthood, a holy nation, and God's special possession (1 Peter 2:9). Your body is the temple of the Holy Spirit who lives in you. You are not your own, because you were bought at a price. Therefore, you should honour God with your body (1 Corinthians 6:19–20).

When you understand your identity in Christ, your way of life changes. You no longer follow sinful desires but seek to honour God in all you do. As the Bible says, ***"Do not love the world or anything in the world"*** (1 John 2:15).

Another important identity is being an ambassador of Christ. An ambassador is someone sent to represent a country in another place. As Christ's ambassador, you are called to share His message of love and reconciliation with others.

Ambassadors are provided for by their governments. Their needs are taken care of, and they are protected. In the same way, God provides for and protects those who represent Him.

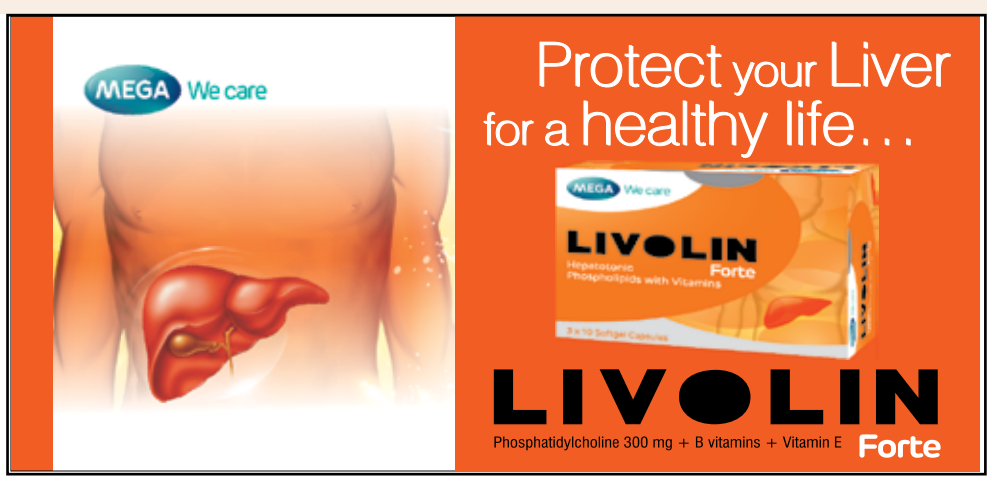
Most people may never become ambassadors of Nigeria because there are few positions and strict requirements. But the call to be Christ's ambassador is open to everyone. Anyone who accepts Him as Lord and Saviour and lives accordingly is part of this mission.



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In sales, no deal is better than a bad deal

By George O. Emetuche

"No deal is better than a bad deal." **– Chris Voss**

Mazi Sam Ohuabunwa, *FPSN, MON, OFR, NPOM*, the legendary pharmacist and business leader, said, "Negotiate everything." I agree with this counsel because when you negotiate well, you get a good deal or you walk away from a bad one.

In this article, I will explore some thoughts on negotiation and how to be guided. Negotiation happens daily in our personal and professional lives.

An unrealistic deal

Let me tell you a true story that happened some years ago. Our company, The Selling Champion Consulting Ltd, is a leading, award-winning, Nigerian Council for Management Development-accredited training and consulting organisation. Our core services include recruitment, training and consulting. We carry out these functions for organisations to build productive teams.

One of the ways we get the job done is through retainership. We sign agreements that range from six months to one year and beyond in order to achieve the desired results. There was a prospect in the manufacturing and distribution sector that wanted us to achieve a positive turnaround for its sales team, taking sales performance from 30 per cent to 100 per cent within the period of the contract. The deal involved recruiting competent sales professionals, training them, and developing and implementing a brilliant go-to-market model that would deliver the right results.

Yes, we liked the deal. The professional fee was good. However, there was a problem. The company wanted us to achieve these results within 30 days. This was mission impossible. The recruitment process alone would take at least two weeks to secure competent sales professionals. Imagine the time required to achieve the other key performance indicators. Going ahead with the deal would have been a time bomb waiting to explode.

I motivate people and I am a positive person. But I am also a realist. I do not believe in empty motivation that lacks depth. I believe motivation must stand on a firm foundation of work and strategy.

Competence has never been an issue for us. As the lead consultant, I have 29 years of experience in the sales and marketing space and counting. I rose from the position of salesman to national sales manager before launching our business 14 years ago. I am hands-on. I understand the concepts of sales and marketing. I understand business strategy. I am a researcher who is constantly seeking new ways to do the job better.

Our team at The Selling Champion Consulting Ltd is top-notch. The major issue that made us walk away from the deal was the 30-day period allocated for execution. We tried to persuade the company to extend the timeline to 90 or 180 days, but they maintained that it had to be completed within 30 days.

Integrity comes at a price

Walking away from that deal was the best thing for us if we wanted to protect our reputation. It is better for a business to lose money and be seen as a reputable company that keeps its promises than to make money and struggle to maintain a good name.

Again, I say, no deal is better than a bad deal.

Pay the price required to protect your reputation. I have been in the business world long enough to know what works and what does not. Experience, they say, is the best teacher.

Win-win is great

The best deal on the table is a win-win deal. Here, everyone wins. Lose-win or win-lose is not the way to go. When one party wins and the other loses, the outcome is usually a one-off deal, and one-off deals do not build businesses because they lead to one-off transactions.

Let all parties win. This is how to keep doing business with your customers and prospects. People buy and keep buying when they see that their interests are protected. They will continue to do business with you when they receive value.

Update

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George O. Emetuche, Accredited Training Consultant and Managing Director, The Selling Champion Consulting Ltd.

Lagos/South-West
Date: 5 September 2026
Venue: Dover Hotels, Ikeja, Lagos
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Charles Iloegbunam, FNIMN, Managing Director, Masters Energy Aviation, and veteran sales and marketing expert.
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Choosing the right diaper for your baby's skin and health

By Gloria Obikili



Recently, I went to the market and stumbled upon reusable diapers. It made me pause for a moment. These were the norm before disposable diapers came along, yet here they were again, neatly packaged and looking modern. The question that immediately came to mind was: which of these is more hygienic for our babies?

It is worth noting that a baby uses between 5,000 and 7,000 diapers before being trained to use the potty. That is a huge number, and with babies' delicate skin, parents must be thorough in their choices to keep them healthy and comfortable.

Why disposable diapers became popular

Diapers generally come in two types: disposable and reusable. Disposable diapers are designed for single use and are discarded after they become soiled. Reusable diapers, on the other hand, are washed and used repeatedly.

Although they differ in usage, both types are made from textile-based materials. Common materials include cotton, bamboo, hemp and nonwoven polypropylene fabrics. Advances in manufacturing have also improved the design and performance of both options, giving parents a wider range of choices than ever before.

Over the years, disposable diapers have become the preferred choice for many families. One major reason is convenience. Modern life is often fast-paced, and disposable diapers eliminate the need for washing, drying and storing used diapers.

Another advantage is their excellent absorbency. Disposable diapers are designed with moisture-locking layers that quickly absorb urine and keep wetness away from a baby's skin. This helps reduce discomfort and allows babies to stay dry for longer periods.

Many hospitals also favour disposable diapers because they support infection-control practices. Their single-use nature reduces the possibility of contamination that may arise from improperly cleaned diapers.

For working parents, travellers and caregivers managing multiple responsibilities, disposable diapers offer a practical solution that saves time and effort.

Health and environmental concerns

Despite their advantages, disposable diapers are not without drawbacks. Environmental experts have long expressed concerns about the enormous amount of waste generated by disposable diaper use.

Because they are designed for one-time use, millions of diapers end up in landfills every day across the world. If not properly disposed of, they can contribute to environmental pollution and may eventually find their way into waterways and other ecosystems.

There are also concerns about certain chemicals, fragrances, dyes and adhesives used in some diaper brands. While most babies tolerate these materials without problems, some may develop skin irritation or allergic reactions. Parents should therefore monitor their babies for signs of redness, rashes or discomfort and seek medical advice if necessary.

Benefits of reusable diapers

Reusable diapers have made a comeback in recent years, especially among parents who care about the environment. Unlike traditional cloth nappies of the past, modern reusable diapers are designed to be stylish, comfortable and easy to use.

Most reusable diapers are made from natural fibres such as cotton, bamboo or hemp, materials that many parents prefer because they are gentle on sensitive skin. Since they can be washed and reused numerous times, they also reduce the volume of household waste generated by diapering.

Although the initial purchase cost may seem high, reusable diapers often prove economical in the long run. A set of quality reusable diapers can serve a child for several years and, in some cases, can even be used for younger siblings.

For families seeking to reduce expenses while limiting environmental impact, reusable diapers can be an attractive option.

Hygiene is the key

The safety of reusable diapers depends largely on proper hygiene practices. Unlike disposable diapers, they do not retain moisture for extended periods and therefore require more frequent changing.

Used diapers should be thoroughly washed with appropriate detergents and dried completely before reuse. Damp or poorly cleaned diapers can harbour bacteria and fungi, increasing the risk of skin irritation and infection.

Experts emphasise that cleanliness should never be compromised when using washable diapers. Proper washing routines are essential to ensure that reusable diapers remain safe and hygienic.

Finding the right balance

For many parents, the choice does not have to be one or the other. Increasingly, families are adopting a hybrid approach that combines the benefits of both options.

Disposable diapers may be used during travel, social events, overnight sleep or situations where convenience is essential. Reusable diapers, meanwhile, may be used at home where washing facilities are readily available.

This flexible approach allows families to enjoy the advantages of both, while minimising some of their disadvantages.



One year after, pharmacy leaders commemorate Sir Atueyi's legacy

continued from front page

development rests not only on policies and infrastructure, but also on character, values, and responsible leadership.

Sir Atueyi passed away peacefully on 15 July 2025, at the age of 85, having established himself as one of the most influential voices in Nigerian pharmacy. He is remembered not only as a distinguished pharmacist and relentless advocate for the advancement of healthcare, but also as a visionary nation-builder, whose life continues to challenge all to live with purpose, lead with integrity and serve with excellence.

Chronicler of pharmacy history

Revisiting the life and impact of the revered publisher, Prince Julius Adelusi-Adeluyi, a former minister of health and current chairman of the Board of Trustees of the Nigeria Academy of Pharmacy (NAPharm), said Sir Atueyi played a pivotal role in documenting the history of Pharmacy in Nigeria, stressing that no profession can preserve its identity without preserving its story.

In an exclusive chat with ***Pharmanews***, Adelusi-Adeluyi, who shared a very close friendship with Sir Atueyi, said:"What I miss most about Ifeanyi is not merely his friendship, although that was invaluable. I miss his unwavering commitment to the profession and his unique ability to connect people, ideas and institutions. Our interactions were often conversations about the future of Pharmacy, the state of healthcare, leadership and nation-building.

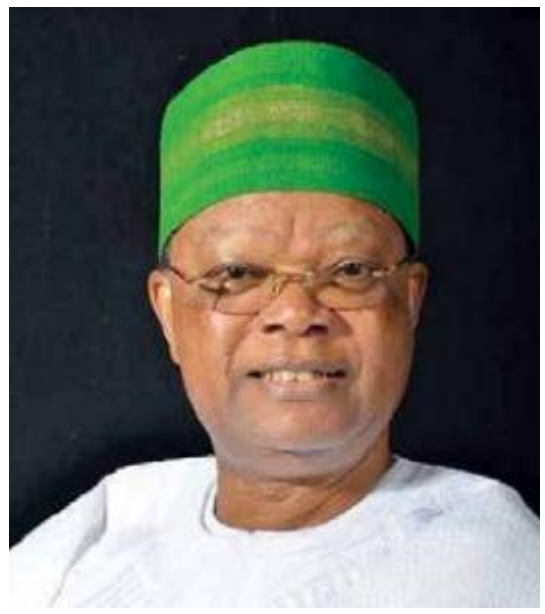
"He had a remarkable ability to see opportunities where others saw obstacles. His absence has left a void because he was more than a journalist; he was a chronicler of our history, a guardian of our institutional memory and a passionate advocate for the advancement of Pharmacy in Nigeria."

According to the former minister, Sir Atueyi demonstrated that leadership is ultimately about service and that influence should be exercised responsibly.

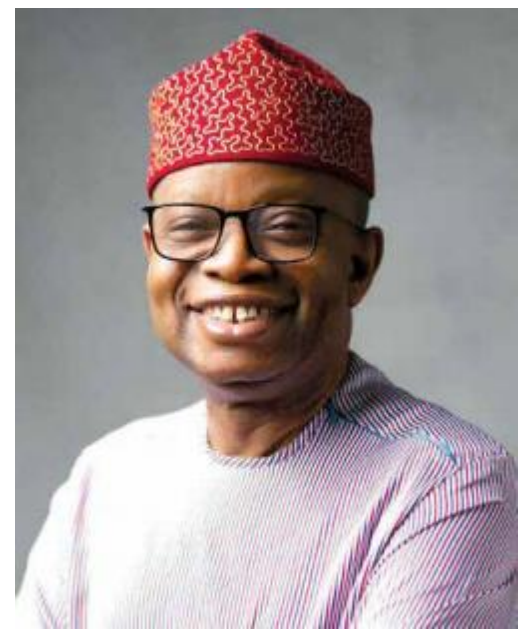
"People eventually forget titles and positions, but they remember the lives we touched, the institutions we built and the values we upheld. His life showed that one individual, driven by conviction and purpose, can create an impact that transcends generations."

Adelusi-Adeluyi also recalled Sir Atueyi's selfless contributions to NAPharm during its formative years, noting that as founding vice-president, he brought energy, enthusiasm and commitment to the task of building what he envisioned as the profession's intellectual conscience and strategic think tank.

The Juli Plc chairman particularly praised the late pharmacy leader's willingness to work quietly without seeking recognition.



Prince Julius Adelusi-Adeluyi



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Pharm. (Mrs) Scholastica Lan



Dr Joel Adagadzu

"He understood that institutions are built through collective effort, sacrifice and patience. Sustainable institutions emerge when leaders place mission above personal ambition,"he said.

He also highlighted the transformational role of ***Pharmanews*** in shaping professional communication in Nigeria.

"Through ***Pharmanews***, pharmacists became better informed about regulatory developments, policy issues, industry trends and achievements within the profession. It created a bridge between pharmacists, policy makers, healthcare practitioners, industry leaders and the public. It is difficult to discuss the history of Pharmacy communication in Nigeria without acknowledging that ***Pharmanews*** fundamentally changed the landscape."

Calling onyounger professionals to emulate Sir Atueyi's lifelong commitment to learning, Adelusi-Adeluyi said the late publisher never allowed obstacles to hinder his pursuit of knowledge and relevance.

"Success is not a title, an award or a position," he said. "Success is the continuous pursuit of excellence, learning, service and impact."

Remarkable leader and mentor

Also speaking, President and Chairman of the Governing Council of NAPharm, Prof. Lere Baale, said the Nigerian Pharmacy family continues to feel the absence of"a truly remarkable leader, mentor, patriot and institution builder."

He said Sir Atueyi's memory should not merely be an occasion to celebrate a distinguished pharmacist and publisher, but to honour a nation builder whose life continues to inspire purposeful living and ethical leadership.

"What we miss most is not merely his physical presence, but his steadfast commitment to truth, excellence, professionalism and the advancement of Pharmacy," Baale said.

He described the late publisher as "the conscience of the profession", noting that he possessed the rare ability to combine courage with wisdom and criticism with constructive solutions.

"He was never afraid to speak truth to power while remaining committed to unity, progress and professional excellence. His life reminds us that sustainable national development is built not only on policies and infrastructure, but also on character, values and responsible leadership."

Baale urged current leaders in the profession to preserve Sir Atueyi's legacy by protecting the integrity of Pharmacy and strengthening institutions.

"We must develop future leaders, promote ethical conduct, strengthen pharmaceutical care and support local manufacturing and medicine security. Above all,we must leave the profession stronger than we found it," he said.

Outstanding supporter of lady pharmacists

Paying tribute to the late Sir Atueyi's invaluable contributions to the Association of Lady Pharmacists (ALPs), the outgoing National Chairman, Pharm. Scholastica Lan, said his fatherly encouragement and blessings were instrumental to the success of her tenure. She noted that he took a personal interest in the affairs and progress of the association and was ever willing to offer both moral and financial support.

"It seems as though Sir Ifeanyi Atueyi is still very much around because it is difficult to imagine that a life of such impact and service is gone,"she said. "We will always cherish our relationship with Sir Atueyi. He had a personal interest in all matters concerning ALPs. I pray that God grants his soul eternal rest in His paradise."

She continued:"Sir Atueyi would see me, smile and say, 'Madam ALPs, you are doing well. Keep up the good work.' I always felt encouraged, as though I had received a father's blessing and endorsement. I believe he prayed for my success and for ALPs. Indeed, God grants greatness as He wills. We are yet to see another Sir Atueyi. He was simply outstanding."

Cerebral contributor to progress

For Dr Joel Adagadzu, immediate past chairman of the Board of Fellows of the Pharmaceutical Society of Nigeria (PSN), the late founder of ***Pharmanews*** was a constant presence at Fellows' gatherings, where his insightful contributions enriched discussions and helped shape the Board's direction.

Still struggling to come to terms with his passing, Adagadzu said: "I cannot believe he has been gone for one year already because, personally, I am still mourning him. I still imagine that he is with us. His charm, smiles and amusing jokes, which he shared with me each time we met, are still fresh in my memory."

The former Board of Fellows chairman traced their close relationship to the period between 1986 and 1989, when he served as national publicity secretary of the PSN while Sir Atueyi held office as national secretary.

According to him, their relationship evolved into that of mentor and mentee, as Sir Atueyi was always calm,ready with counsel and willing to guide him whenever challenges arose.

"Sir Atueyi served pharmacy with utmost diligence and integrity. To me, he remains one of the finest PSN leaders I ever had the privilege of interacting with. We quickly forged a friendship despite the difference in our ages,and he never once regarded me as just that young guy,"he said.

Looking ahead, Adagadzu, along with other pharmacy leaders, urged health professionals and Nigerians at large to consciously embrace the virtues exemplified by the late Sir Atueyi, such as fear of God, humility, hard work, excellence in service, integrity, love for humanity, and a commitment to peace, stressing that these are indispensable drivers of national progress.





Inquest

with

Patrick Iwelunmor

Tel:08135439281
Email: iwelunmorpatrick@yahoo.com

Floods, disease and accountability

Now that the rainy season is here, Nigerians, must rethink their environmental habits. The practice of dumping refuse into canals must stop, as it has been identified as one of the major causes of flooding, which in turn contributes to the spread of water-borne diseases. Whenever it rains, instead of disposing of waste properly, many residents throw bags of refuse and other waste materials into canals and drainage channels, causing blockages and obstructing the free flow of water.

There is an urgent need for government to punish perpetrators of such acts. While the Lagos State Government is doing its best to ensure that flooding is systematically addressed, residents should not become obstacles to the state's environmental efforts. Environmental responsibility is a collective duty, and citizens must play their part in safeguarding their communities.

Beyond the spread of water-borne diseases, flooding also creates conditions that enable mosquitoes to thrive by providing suitable breeding grounds. We are all aware of the consequences of such a situation. When mosquito populations increase, malaria transmission rises accordingly. The result is greater suffering for families and higher out-of-pocket medical expenses for treatment. Moreover, with malaria parasites developing increasingly resistant strains, the cost of effective treatment is likely to continue rising.

Flooding can also displace dangerous animals from their natural habitats. This displacement may create additional risks for residents, as reptiles such as crocodiles and other dangerous creatures may seek refuge in human settlements. This may partly explain why snakes occasionally find their way into people's homes during periods of heavy rainfall. One can only imagine the health implications of a snake bite and the emotional trauma that often accompanies such an experience. As William Shakespeare observed in Macbeth, "Unnatural deeds breed unnatural troubles."

We must respect the sanctity of nature's course. One cannot distort the natural order and expect nature not to respond. Nature is a powerful force that creates balance and order in creation. Often, flooding is one of nature's responses to environmental abuse caused by indiscriminate human activities such as dumping refuse into canals, building houses on waterways, and destroying vegetation through bush-burning practices.

According to a 2025 ACT Alliance report chronicling the impact of flooding across several states in Nigeria, "In Lagos State, 57,951 people are affected, 3,680 are displaced, and 3,244 houses are damaged. In Taraba State, five persons have lost their lives, 26,722 persons are affected, while 3,080 are displaced and 88 are injured. In Imo State, 29,242 persons are affected, 15,607 are displaced, 81 were injured, and hundreds of homes and farms were destroyed. In Akwa Ibom State, 46,233 persons were affected, 40,140 displaced, with over 17,000 hectares of homes and farmlands damaged."

There are practical ways to address the human actions that threaten environmental justice. State governments should prosecute individuals who violate environmental laws. Those who habitually dispose of refuse into canals and waterways should face legal consequences, while buildings erected on waterways should be demolished. This can be effectively achieved with the support of Local Council Development Areas (LCDAs), which are closer to residents and better positioned to monitor such activities.

Public education through the mass media also has an important role to play in curbing the persistent problem of blocked canals and drainage systems in cities such as Lagos. Environmental awareness campaigns should specifically target communities where such practices are common. Public enlightenment messages should be disseminated in English, Pidgin, and relevant local languages to ensure that everyone is reached, especially in an era when social media platforms provide unprecedented opportunities for public engagement.

Most importantly, state governments must put the ecological funds they receive from the Federal Government to good use. This is imperative not only because of the need for accountability but also because such funds can easily be misappropriated, given the enormous powers wielded by state governors. A former governor from Nigeria's Middle Belt was imprisoned for misappropriating ecological funds to the tune of N1.8 billion. One can only imagine the environmental impact that such a substantial amount could have made if it had been used for its intended purpose.

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New paradigms in hepatitis management and prevention

Hepatitis is a medical condition characterised by inflammation of the liver, a vital organ responsible for numerous functions, including detoxification of harmful substances, metabolism of nutrients, storage of energy, production of proteins, and regulation of various biochemical processes essential for life. The disease may be acute, lasting for a short period and often resolving completely, or chronic, persisting for months or years and potentially leading to progressive liver damage.

The condition can result from several causes, including viral infections, excessive alcohol consumption, exposure to toxic substances, certain medications, metabolic disorders, and autoimmune diseases. However, viral hepatitis remains the most common and significant form globally due to its widespread prevalence and long-term health consequences.

Hepatitis constitutes a major public health challenge because chronic infection can silently progress over many years, ultimately resulting in severe complications such as liver fibrosis, cirrhosis, liver failure, and hepatocellular carcinoma (primary liver cancer). The disease remains one of the leading causes of liver transplantation worldwide, placing significant pressure on healthcare systems and contributing to the persistent gap between demand for donor organs and availability.

Pathology

Hepatitis encompasses a group of infectious diseases primarily caused by five distinct hepatitis viruses, namely Hepatitis A (HAV), Hepatitis B (HBV), Hepatitis C (HCV), Hepatitis D (HDV), and Hepatitis E (HEV). Each virus differs in mode of transmission, clinical presentation, severity, and long-term outcomes.

While Hepatitis A and E are typically transmitted through contaminated food or water and usually cause acute, self-limiting infections, Hepatitis B, C, and D have a greater tendency to become chronic and are responsible for the majority of hepatitis-related complications worldwide.

Amongst these, Hepatitis B and Hepatitis C remain the most significant contributors to chronic liver disease, accounting for more than 90 percent of hepatitis-related deaths globally. Chronic infections often progress silently, with many individuals remaining unaware of their condition until advanced liver damage has already occurred. If left untreated, these infections can lead to cirrhosis, liver cancer, and liver failure, conditions that significantly reduce quality of life and increase mortality.

According to the latest global estimates, hundreds of millions of people are living with chronic viral hepatitis, whilst more than one million deaths occur annually from hepatitis-related complications. Despite these alarming figures, hepatitis remains both preventable and, in some forms, treatable or even curable.

In Nigeria and many other low- and middle-income countries, the burden of viral hepatitis remains substantial. However, increased awareness, stronger public health interventions, wider access to diagnostic services, and evolving treatment guidelines are creating new opportunities to reduce transmission, improve patient outcomes, and move closer to the global goal of eliminating viral hepatitis as a public health threat.

Types of hepatitis

Hepatitis is caused by a variety of infectious and non-infectious factors, but viral hepatitis remains the most common form globally. There are five major hepatitis viruses - Hepatitis A, B, C, D, and E - each differing in mode of transmission, disease progression, severity, and long-term health implications. Understanding these different forms is crucial for effective prevention, diagnosis, and treatment.

Hepatitis A (HAV)

Hepatitis A is an acute liver infection caused by the Hepatitis A Virus (HAV), a ribonucleic acid (RNA) virus belonging to the Picornaviridae family. The infection is primarily transmitted through the faecal-oral route, usually via contaminated food, water, or close contact with an infected person.

Unlike some other forms of viral hepatitis, Hepatitis A does not cause chronic liver disease. Most infected individuals recover completely and develop lifelong immunity. However, symptoms can range from mild illness to severe acute hepatitis, and in rare cases - particularly amongst older adults and individuals with underlying liver disease - acute liver failure may occur.

Improved sanitation, access to clean water, food safety measures, and vaccination have significantly reduced the incidence of Hepatitis A in many parts of the world. Nevertheless, outbreaks continue to occur, especially in areas with poor hygiene and limited access to safe drinking water.

Hepatitis B (HBV)

Hepatitis B remains one of the most significant causes of chronic liver disease worldwide, despite the availability of a safe and highly effective vaccine for more than three decades.

The disease is caused by the Hepatitis B Virus (HBV), a DNA virus belonging to the Hepadnaviridae family. HBV is transmitted through contact with infected blood and body fluids, including through childbirth, unprotected sexual contact, contaminated needles, and unsafe medical procedures.

One of the unique characteristics of HBV is its ability to establish long-term persistence within liver cells. The virus can remain dormant within the liver, making complete eradication difficult with current therapies. Whilst many infected adults clear the virus naturally, others develop chronic infection that may progress to cirrhosis, liver failure, or hepatocellular carcinoma.

The natural course of chronic Hepatitis B varies considerably amongst individuals. Many patients remain inactive carriers with little or no liver damage for years, whilst others experience ongoing viral replication and progressive liver injury. Recent advances in antiviral

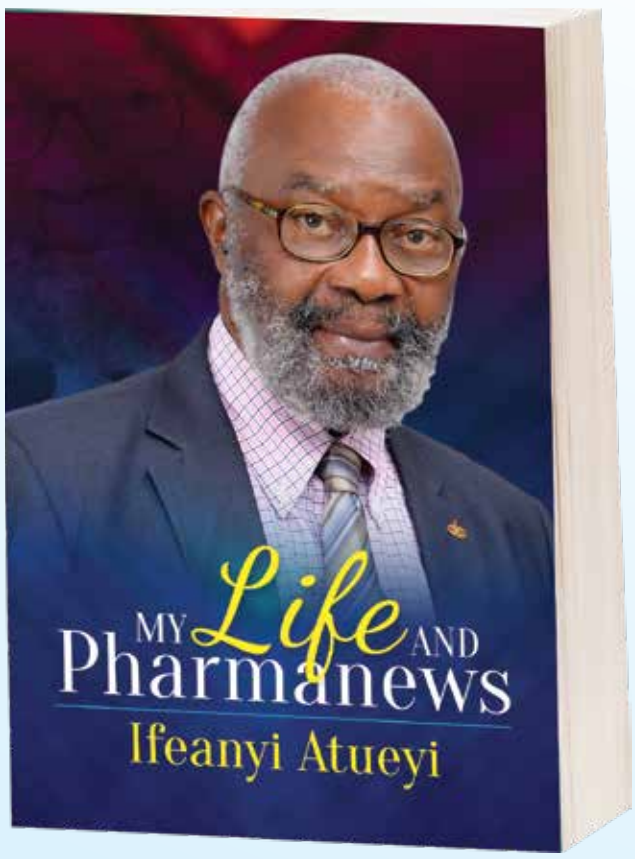
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TESTIMONIALS OF ACCOMPLISHMENT (2)

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

(Continued from last edition)



Even more heartwarming and fulfilling are the numerous testimonies – through letters and words of mouth – that we continue to receive from people within and outside the health industry about the impacts that my life and the business of ***Pharmanews*** have had on them. Particularly for those in the pharmacy profession, who are my primary constituency, it has been quite uplifting seeing that what I set out to do forty years ago is actually being accomplished from year to year.

Something happened when I received the May and Baker Professional Service Award at the PSN conference held in Abuja from November 3rd to 7th, 2008, which is worth noting here. I appreciated the award in itself, as it was a recognition and reward for my long years of service to the pharmacy profession, especially in the areas of pharmaceutical journalism and training. I was the first pharmacist outside the university to receive that award. On the day of the award, my self-esteem reached its zenith as I stood with my wife before many dignitaries and thousands of pharmacists and guests at the International Conference Centre. Abuja, while my citation was read.

As if that was not enough, while people were congratulating me after the award, a colleague, whom I was not familiar with, walked up to me and said, "Mr Atueyi, I was very much impressed with your citation. You've done very well and merit the award. I admire you and wish I were to start life again as a young pharmacist." That colleague spoke with such emotion that made me know that he meant every word he had uttered and I was deeply touched.

The anniversary of ***Pharmanews***, which we mark every ten years, is perhaps one of the most consistent ways in which we have been able to assess how much impact we have had on those we have been called to serve. Below are some of the messages we have received on our anniversary celebrations:

YOU HAVE PROJECTED THE IMAGE OF PHARMACY IN ALL ITS RAMIFICATIONS

*It is a great joy for me to write and commend you for your foresight and business acumen in establishing **Pharmanews**...I am particularly happy that you have achieved greatness in pharmaceutical journalism by dint of your endurance, dedication, devotion and hard work. It is noteworthy to say that you have projected the image and activities of pharmacy profession in all its ramifications. Pharmacists and other professionals in the medical field have benefitted in no small way from series of published articles contributed by academicians, industrialists, pharmacists and medical doctors. I urge you to keep up the standard of journalism for which you are well-known in Nigeria and worldwide...*

Chief S.O. Opaleke, FPSN
Managing Director,
Temidayo Pharmacy (Nig.) Ltd,
Ilorin (1989)

PHARMACISTS ARE IDENTIFIED WITH PHARMANEWS

*If the introduction, nurturing and dissemination of pharmaceutical and medical journalism is anything to go by, I would stubbornly say that **Pharmanews** is a success. Leaders are born, not created. Strikingly, the birth of **Pharmanews** coincided with my days as a fresher in the school of pharmacy. I reckoned, as a fresher, that pharmacists are identified with **Pharmanews** stickers on their cars. This goes to explain that **Pharmanews** has gone a long way in contributing towards the identity of pharmacists. It is one regular organ in Nigeria through which pharmacists interact and exchange ideas.*

Nkere Kanu Ebube
Kano (1989)

YOU HAVE SURPASSED IMITATORS

You definitely blazed a trail which latter day imitators have found difficult to cope with. Your glossy finish, incisive comments, witty aphorisms, professional outlay and originality in presentation have endeared your paper to your numerous readers both here and there. You and your team deserve a pat on the back. But that may not be all. If the merit awards committee comes up with a recommendation that innovators in Pharmacy and those who have projected a positive image for the profession should be honoured, I will have no difficulty nominating you for such an award...

A.A. Chukwumerije, FPSN
National Orthopaedic Hospital,
Enugu (1989)

New paradigms in hepatitis management and prevention

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therapy have significantly improved disease control, and ongoing research is focused on achieving a functional cure through innovative treatment approaches.

Hepatitis C (HCV)

Hepatitis C is caused by the Hepatitis C Virus (HCV), an RNA virus that primarily affects the liver but can also have systemic effects throughout the body.

The discovery of HCV, which earned scientists the 2020 Nobel Prize in Physiology or Medicine, revolutionised the understanding and management of chronic liver disease. This breakthrough paved the way for the development of highly accurate diagnostic tests and the emergence of Direct-Acting Antiviral (DAA) therapies that have transformed treatment outcomes.

Hepatitis C is often referred to as a "silent infection" because many individuals remain asymptomatic for years or even decades. During this period, progressive liver damage may occur unnoticed. Chronic infection can lead to cirrhosis, liver cancer, and liver failure if left untreated.

Beyond liver disease, chronic Hepatitis C has been associated with several extrahepatic conditions, including type 2 diabetes, kidney disease, cardiovascular disorders, and certain autoimmune conditions. Today, however, the availability of highly effective oral antiviral medications has made Hepatitis C one of the few chronic viral infections that can be cured in the vast majority of patients.

Hepatitis D (HDV)

Hepatitis D, also known as Delta Hepatitis, is caused by the Hepatitis D Virus (HDV), a unique and defective RNA virus that depends entirely on Hepatitis B Virus for survival and replication.

Because HDV requires the presence of HBV, it can only infect individuals who are already infected with Hepatitis B. Infection may occur simultaneously with HBV (coinfection) or in a person who already has chronic Hepatitis B (superinfection).

Hepatitis D is considered the most severe form of viral hepatitis because it accelerates liver damage and significantly increases the risk of cirrhosis, liver failure, and liver cancer. Although less common than Hepatitis B or C, HDV remains a serious public health concern in certain regions of the world.

Recent scientific advances have led to the development of targeted therapies for HDV, offering new hope for patients who previously had limited treatment options.

Hepatitis E (HEV)

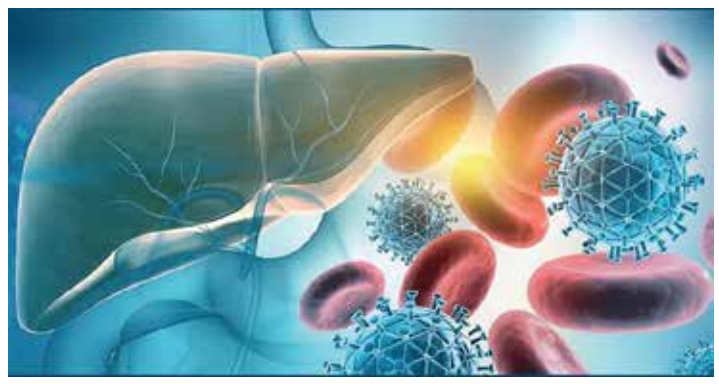
Hepatitis E is caused by the Hepatitis E Virus (HEV), a member of the Hepeviridae family. The infection is predominantly transmitted through contaminated water and is particularly common in areas with inadequate sanitation and poor access to clean drinking water.

Large outbreaks frequently occur in developing countries where waterborne transmission remains a significant challenge. Certain genotypes of the virus can also be transmitted from animals to humans, particularly through the consumption of undercooked pork and other animal products.

For most individuals, Hepatitis E is a self-limiting illness that resolves without long-term consequences. However, the infection can be particularly dangerous during pregnancy, especially in the third trimester, where it is associated with a higher risk of severe disease and maternal mortality.

Hepatitis G (Human Pegivirus)

Formerly known as Hepatitis G Virus (HGV), Human Pegivirus (HPgV-1) is an RNA virus belonging to the Flaviviridae family. The virus is primarily transmitted through blood and blood products, although sexual and mother-to-child transmission have also been documented.



HPgV infection is frequently detected alongside Hepatitis B, Hepatitis C, or Human Immunodeficiency Virus (HIV) infections. Unlike other hepatitis viruses, current scientific evidence has not conclusively established Human Pegivirus as a direct cause of liver inflammation or chronic liver disease.

Although it remains of scientific interest, HPgV is generally not considered a major contributor to the global burden of viral hepatitis.

Symptoms

Hepatitis often develops silently, particularly in its early stages. Many infected individuals may not experience noticeable symptoms for months or even years, especially in chronic Hepatitis B and Hepatitis C. As a result, the disease is frequently referred to as a "silent killer" because significant liver damage may occur before diagnosis.

When symptoms occur, they may vary depending on the cause, severity, and duration of the disease. During the acute phase, hepatitis may present with general symptoms that resemble many viral illnesses, making early diagnosis difficult. These include persistent fatigue and weakness, fever and general malaise, nausea and vomiting, loss of appetite, diarrhoea, muscle and joint pains, and discomfort or pain in the upper right side of the abdomen.

As liver inflammation progresses, more specific signs may appear: jaundice (yellow discolouration of the skin and eyes), dark-coloured urine, pale or clay-coloured stools, itching of the skin (pruritus), unexplained weight loss, and abdominal swelling due to fluid accumulation.

In advanced cases, especially when liver function becomes severely impaired, patients may develop hepatic encephalopathy. This condition results from toxin accumulation in the bloodstream affecting brain function and may present as confusion, poor concentration, memory problems, personality changes, excessive sleepiness, and in severe cases, coma.

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New paradigms in hepatitis management and prevention

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Causes

Hepatitis can result from a wide range of infectious and non-infectious factors. Although viral infections remain the leading cause globally, several other conditions can trigger liver inflammation and damage.

Viral infections

The most common cause of hepatitis is infection with one of the hepatitis viruses (A, B, C, D, or E). Hepatitis A and E are primarily transmitted through contaminated food or water and are often associated with poor sanitation and inadequate hygiene. Hepatitis B, C, and D are commonly spread through infected blood, unprotected sexual contact, unsafe injections, sharing of needles, and mother-to-child transmission during childbirth.

Toxic and environmental factors

Excessive alcohol consumption remains a major cause of liver inflammation worldwide. Long-term alcohol abuse can result in alcoholic hepatitis, which may progress to cirrhosis and liver failure.

Certain medications, herbal preparations, industrial chemicals, and environmental toxins can also damage liver cells and trigger hepatitis, especially when used in excessive amounts or over prolonged periods.

Autoimmune and metabolic disorders

In some individuals, the immune system mistakenly attacks healthy liver tissue, resulting in autoimmune hepatitis. Genetic and metabolic disorders can also contribute to chronic liver inflammation and progressive liver damage.



Other medical conditions associated with hepatitis

Cholestatic liver disease: Cholestasis occurs when the normal flow of bile from the liver is reduced or blocked. The resulting build-up of bile acids can damage liver cells and trigger inflammation.

Cytomegalovirus (CMV) infection: CMV is a common viral infection that may cause hepatitis, particularly in newborns, transplant recipients, and immunocompromised individuals.

Epstein-Barr virus (EBV): Best known for causing infectious mononucleosis, EBV can also affect the liver and lead to acute hepatitis. In rare cases, prolonged inflammation may occur.

Hemochromatosis: This inherited disorder causes excessive iron accumulation in the body. Over time, iron deposition in the liver can lead to inflammation, fibrosis, cirrhosis, and liver cancer.

Wilson disease: Wilson disease is a rare genetic disorder characterised by excessive copper accumulation in the liver and other organs. If untreated, it can result in severe liver and neurological damage.

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Formerly known as Non-Alcoholic Fatty Liver Disease (NAFLD), MASLD involves excessive fat accumulation in the liver. It is associated with obesity, diabetes, hypertension, and metabolic syndrome, and may progress to chronic hepatitis, fibrosis, and cirrhosis.

Complications

Without timely diagnosis and appropriate treatment, hepatitis can lead to several life-threatening complications.

Cirrhosis: Persistent liver inflammation may lead to progressive scarring of liver tissue, known as cirrhosis. This condition is usually irreversible and significantly impairs the liver's ability to perform its essential functions.

Liver cancer: Chronic Hepatitis B and Hepatitis C infections are amongst the leading causes of hepatocellular carcinoma (HCC), the most common form of primary liver cancer worldwide.

Liver failure: Severe hepatitis can result in acute liver failure, whilst long-standing chronic infection may eventually progress to end-stage liver disease requiring liver transplantation.

Portal hypertension: Advanced liver scarring can obstruct normal blood flow through the liver, leading to increased pressure in the portal vein. This may result in internal bleeding, enlargement of the spleen, and fluid accumulation in the abdomen.

Diagnosis

Accurate diagnosis is essential for determining the cause, extent, and severity of liver damage. Healthcare providers may employ several diagnostic tools.

Laboratory investigations: Blood tests are often the first step and may include liver function tests (LFTs), hepatitis virus screening tests, viral load assessments, coagulation studies, and complete blood count.

Imaging studies: Modern imaging techniques help evaluate liver structure and detect complications. These include abdominal ultrasound, FibroScan (transient elastography), computed tomography (CT) scan, and magnetic resonance imaging (MRI).

Liver biopsy: In selected cases, a liver biopsy may be recommended to assess the degree of inflammation, fibrosis, or cirrhosis and guide treatment decisions.

Treatment and management

The management of hepatitis depends on the cause, disease stage, and overall health of the patient.

Lifestyle modifications: Patients are generally advised to avoid alcohol completely, maintain a healthy body weight, consume a balanced and nutritious diet, stay physically active, and avoid unnecessary medications and herbal remedies that may harm the liver.

Antiviral therapy for Hepatitis B: Current antiviral medications such as tenofovir and entecavir can effectively suppress viral replication, reduce liver inflammation, and lower the risk of cirrhosis and liver cancer. Whilst these therapies do not completely eliminate the virus, they significantly improve long-term outcomes.

Direct-acting antivirals for Hepatitis C: One of the greatest

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Olawale Sulaimon: Big-hearted neurosurgeon giving back goodwill that changed his life

By Ola Aboderin

There is a saying that no one truly succeeds alone. Behind every success story lies an act of kindness or an opportunity extended, and the truest expression of gratitude is to show similar kindness to others. This aptly captures the remarkable journey and philosophy of Professor Olawale Sulaimon, one of the most distinguished specialists in contemporary medicine.

Born into humble circumstances and sleeping on a mat in a cramped room well into his teenage years, Sulaimon benefited from an act of goodwill that redirected the course of his life. That gesture set in motion a trajectory that would eventually produce one of Africa's most accomplished neurosurgeons and one of global medicine's most committed humanitarians.

For nearly two decades, the internationally acclaimed physician executive, researcher, educator, healthcare entrepreneur and politician has made it his life's mission to repay that debt of goodwill through extraordinary service and generosity. He is renowned for performing complex spinal and neurological surgeries, many of them free, for patients who would otherwise have no access to such expertise. He has also initiated diverse empowerment programmes, social investment schemes, mentorship initiatives and advisory engagements that have benefited individuals, professionals, institutions and governments alike.

He currently heads RNZ Global Ltd, one of the leading companies in hospital operations and management, healthcare innovation, value-based healthcare and patient safety. He is also the founder and president of the RNZ Foundation, a multi-sector non-profit organisation dedicated to promoting holistic and inclusive development in underserved communities.

Path to prominence

Born in Ajase-Ipo, Irepodun Local Government Area of Kwara State, to hardworking parents who later migrated to Lagos in search of better opportunities, Sulaimon was one of ten children raised in a polygamous family. Following his secondary education at St Gregory's College, Lagos, his dream of studying medicine was threatened by financial constraints, as his parents could not afford university tuition.

Then came the turning point that changed his destiny. At the age of 19, the brilliant young student secured a scholarship through the Bureau for External Aid (Bilateral Education Agreement), a Federal Government programme designed to provide educational opportunities for exceptionally gifted students from disadvantaged backgrounds. He was awarded a place at the Medical University of Varna, Bulgaria, where he not only completed his medical degree but also obtained a Master's degree.

Sulaimon's academic excellence opened further doors. He won Canadian government scholarships for postgraduate training, completing a PhD in Neurosciences at the University of Alberta and a neurosurgery residency at the University of Manitoba, where he earned board certification from the Royal College of Physicians and Surgeons of Canada. Additional fellowship training in the United States in complex spine surgery and nerve reconstruction cemented his reputation as one of the few neurosurgeons with specialised expertise in minimally invasive spinal procedures and microsurgical nerve repair.

Distinguished career in medicine and research

Prof. Sulaimon's rise in medicine was both swift and remarkable. By his early forties, he had become internationally recognised as one of the world's leading neurosurgeons and spine surgeons. He became professor of clinical neurosurgery at Tulane University, New Orleans, Louisiana, and later served as chairman of the Department of Neurosurgery, co-medical director of the Neuroscience Institute, and medical director, Ochsner Back and Spine Centre, within the Ochsner Health System, also in New Orleans.

At Ochsner, he built and managed one of the most comprehensive multidisciplinary spine centres in the United States. Under his leadership, Ochsner's neuroscience service evolved from a two-person practice into one of the leading neuroscience programmes in the United States, according to *U.S. News & World Report*. The service eventually expanded to include more than 250 physicians and allied healthcare professionals across Louisiana, Mississippi, Alabama and parts of Florida.

An accomplished researcher, Sulaimon has authored numerous peer-reviewed scientific papers and book chapters on spinal cord injury, nerve regeneration and related fields. He has served as a reviewer for several neuroscience and neurosurgery journals and was appointed to the International Advisory Board of *Neurosurgery*, one of the world's foremost journals in the specialty.

The decision to give back

In 2010, after reflecting on the goodwill and opportunity that had transformed his own life, Prof. Sulaiman began using his holidays to travel to Nigeria, where he undertook medical missions involving surgeries, professional training, medical education and the donation of medicines and equipment.

Eventually, periodic visits no longer seemed sufficient. Determined to deepen his involvement, he negotiated a 25 per cent reduction in his annual salary to create time for monthly trips to Nigeria.

Together with his wife, Patricia, a nurse and public health professional trained in leadership and management at Cornell University, he established RNZ Global, a Nigerian healthcare development and management company committed to improving standards of care. RNZ Global eventually won a competitive international bid to manage Shell Oil's 65-bed hospital in Port Harcourt and has since become recognised as one of Nigeria's leading healthcare companies.

Between 2010 and the present day, RNZ Global has directly treated hundreds of patients and extended preventive healthcare services to over 5,000 individuals across Nigeria and the United States.

Beyond the individual procedures, Sulaimon has remained committed to training Nigerian medical professionals. While at Ochsner, he facilitated scholarships for Nigerian doctors to train at the American hospital. He also arranged partnerships with major American healthcare companies, including Medtronic, Globus Medical and NuVasive, to provide hands-on training for Nigerian neurosurgeons, orthopaedic surgeons and resident doctors. These collaborations have extended the reach of his influence far beyond the patients he personally treats.



Prof. Olawale Sulaimon

In 2019, he and his wife established the RNZ Foundation, a non-profit organisation dedicated to providing free care for patients with neurological disorders and implementing socio-economic programmes aimed at alleviating poverty. The foundation has sponsored scholarship schemes benefiting more than 700 students in Kwara State, empowered over 150 rural farmers with interest-free start-up support, and provided financial assistance to over 100 rural traders.

Beyond these interventions, the foundation has executed community projects, including boreholes with reticulation to twelve fetching points, the rehabilitation of water infrastructure and cyber-security training programmes for young people.

Meritorious public service

Prof. Sulaimon's commitment to nation-building has extended beyond clinical practice, education and philanthropy. Former Governor Abdulfatah Ahmed of Kwara State appointed him chairman of the interim board established to reposition the Kwara State Medical Diagnostic Centre. The assignment was completed within three months, with recommendations presented for transforming the facility into a world-class centre.

His reputation subsequently attracted the attention of Governor AbdulRahman AbdulRazaq, who appointed him special adviser on health matters. During the COVID-19 pandemic, his contributions helped position Kwara State among the leading states in preparedness and response.

In recognition of his commitment to healthcare education, President Bola Ahmed Tinubu appointed him pro-chancellor and chairman of the Governing Council of the Federal University of Health Sciences, Ila-Orangun, in 2024.

Awards and recognitions

As should be expected, Professor Olawale Sulaimon's professional achievements and humanitarian activities have attracted widespread recognition. He was conferred with the national honour of Commander of the Order of the Niger (CON) for his contributions to healthcare and national development.

He has been recognised among Nigeria's most influential personalities and featured among the Nigerian in Diaspora Commission's distinguished diaspora icons. International media attention came in 2019 when CNN highlighted his extraordinary decision to sacrifice part of his earnings to provide free surgeries and healthcare services in Nigeria.

Over the years, numerous professional bodies, community organisations and traditional institutions have honoured him for excellence, philanthropy and leadership. Yet, distinguished as these honours are, they merely formalise what thousands of lives across Nigeria and beyond already attest to: that here is a physician of international standing who has deliberately chosen to place his knowledge, influence and resources at the service of humanity.

New paradigms in hepatitis management and prevention

continued from page 15

breakthroughs in modern hepatology has been the development of direct-acting antiviral (DAA) medications. These oral therapies can cure more than 95 percent of Hepatitis C infections within eight to 12 weeks, often with minimal side effects.

Liver transplantation: For patients with advanced liver failure or liver cancer, liver transplantation may be the only viable treatment option and can significantly improve survival and quality of life.

Prevention

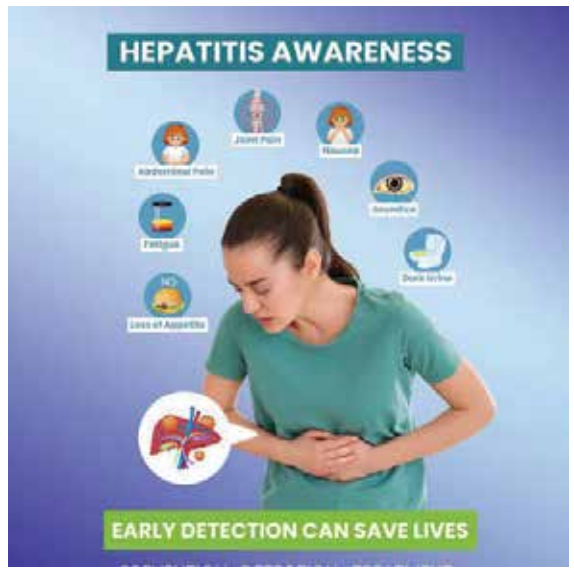
Preventing hepatitis remains one of the most effective ways to reduce the burden of liver disease worldwide. Key preventive measures include vaccination against Hepatitis A and Hepatitis B, safe blood transfusion practices, safe injection and medical procedures, good personal hygiene and handwashing, access to clean water and proper sanitation, safe sexual practices, and avoidance of needle sharing and illicit drug use.

Challenges in hepatitis management

Despite advances in prevention, diagnosis, and treatment, significant barriers continue to hinder global elimination efforts, particularly in low- and middle-income countries.

Low awareness and underdiagnosis: Many infected individuals are unaware of their status due to the asymptomatic nature of hepatitis. Patients often present late with advanced liver disease. Limited screening services worsen the situation, especially in rural areas.

Stigma and misinformation: Misconceptions about hepatitis continue to fuel stigma and discrimination. In some communities, it is wrongly associated with spiritual causes or non-medical explanations, discouraging early testing and treatment.



Cost and access to treatment: Although treatment outcomes have improved, affordability remains a challenge. Access to direct-acting antivirals for Hepatitis C is still uneven, whilst long-term management of Hepatitis B can be financially demanding.

Inadequate vaccination coverage: Gaps persist in vaccination programmes, including delayed Hepatitis B birth dose administration, vaccine stock-outs, and weak cold-chain systems.

Weak screening systems: Inconsistent antenatal screening and blood safety practices increase the risk of transmission through transfusion and mother-to-child routes.

Hepatitis D challenges: Hepatitis D remains difficult to diagnose and manage due to its dependence on Hepatitis B infection and limited access to emerging therapies.

Emerging developments

Recent advances in hepatitis research are shifting focus from disease control to functional cure.

Capsid assembly inhibitors

These agents interfere with viral capsid formation, disrupting replication and reducing infectious particle production. Several candidates are currently in clinical trials.

RNA interference (RNAi) therapies

RNAi therapies target viral messenger RNA, reducing production of viral proteins and surface antigens. They are being explored as part of combination strategies towards functional cure.

Therapeutic vaccines

Therapeutic vaccines aim to restore the body's natural ability to recognise and eliminate infected liver cells. Several candidates are currently under investigation and have shown encouraging immunological responses in clinical studies.

Gene editing technologies

Advances in gene-editing tools such as CRISPR have generated considerable excitement amongst researchers. Scientists are exploring ways to target and eliminate the persistent covalently closed circular DNA (cccDNA) reservoir that allows the Hepatitis B virus to survive within liver cells.

Although still in the experimental stage, gene-editing strategies could potentially transform the future of Hepatitis B treatment.

Improved treatment for Hepatitis D

New therapeutic approaches are improving outcomes for patients with Hepatitis D. Pegylated Interferon-Lambda has attracted significant interest because it appears to offer antiviral benefits with fewer side effects than conventional interferon therapy.

Researchers are also evaluating combination regimens aimed at more effectively suppressing both HBV and HDV replication.

Combination therapy approaches

The future of hepatitis treatment is increasingly centred on combination therapy. Similar to advances seen in HIV management, scientists are investigating multi-drug approaches that target different stages of the viral life cycle simultaneously.

Combining antivirals, immune modulators, therapeutic vaccines, and novel agents may offer the best opportunity for sustained viral suppression and eventual functional cure.

Report compiled by Adebayo Oladejo with additional information from the World Health Organisation (WHO), World Journal of Gastroenterology, Clinton Health Access Initiative (CHAI), Cleveland Clinic, CDC, Hepatitis B Foundation, Ministry of Health publications, Novotech Clinical Research, U.S. National Library of Medicine, World Hepatitis Day resources, World Hepatitis Alliance, Pharmanews, and Wikipedia.




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Legacy beyond a lifetime: The law, succession and the preservation of vision

LEGAL ANGLE with Dozie Ifeanyi Atueyi

legalangle@pharmanewsonline.com



Question:
What happens when a visionary founder passes on?

Ordinarily, this column addresses legal questions affecting healthcare professionals and institutions. However, as ***Pharmanews*** dedicates this special memorial edition to the memory of our late Publisher, **Sir Ifeanyi Atueyi**, it is fitting to reflect on a legal issue that touches every professional, entrepreneur and institution builder: **legacy**.

The passing of a founder is often a defining moment in the life of an institution. Beyond the grief and emotional loss, difficult legal and governance questions inevitably arise. Who takes over? What becomes of the founder's vision? How are assets, intellectual property and stakeholder interests protected? These questions underscore the importance of succession planning and institutional continuity.

The law and institutional continuity

In Nigeria, the law recognises that while individuals are mortal, institutions need not die with their founders. Through estate planning, corporate governance structures and statutory regulation, the law provides mechanisms for continuity. One of the most important legal tools is a valid Will. Where a founder dies intestate, disputes among family members and beneficiaries can arise, often resulting in prolonged litigation that threatens the future of a business or institution.

For incorporated entities, the Companies and Allied Matters Act (CAMA) provides additional safeguards. A registered company enjoys a legal personality separate from its founder. Consequently, the death of a shareholder, director or promoter does not automatically bring the company to an end. Properly constituted boards, shareholder agreements and succession arrangements can ensure uninterrupted operations.

When organisations depend on one person

Unfortunately, many organisations in Nigeria remain overly dependent on the personality of their founders. Key relationships, decision-making authority and institutional knowledge are often concentrated in a single individual. When that individual passes on, uncertainty may follow. While the law provides a framework for continuity, succession ultimately requires foresight, planning and intentional leadership development.

Practical steps for protecting a legacy

The practical lessons are clear. Every healthcare entrepreneur, publisher, pharmacist, physician and business owner should have a valid Will, maintain proper corporate records, document critical processes and establish a clear succession plan. Leadership responsibilities should be delegated, institutional knowledge preserved and governance structures strengthened long before a transition becomes necessary. The true test of leadership is not merely building an institution, but ensuring that it can thrive in one's absence.

The Sir Ifeanyi Atueyi Example

The life and legacy of Sir Ifeanyi Atueyi offer an instructive example. For decades, he devoted himself to building ***Pharmanews*** into a respected platform for healthcare journalism, professional advocacy and public enlightenment. More importantly, he understood that vision must be institutionalised if it is to endure. By creating structures, mentoring future leaders, documenting processes and nurturing a culture of excellence, he laid the foundation for continuity.

Closing insight: Building institutions that outlive their founders

His example reminds us that legacy is not measured solely by what one accomplishes during a lifetime, but by what continues to flourish after one's departure. In that regard, the continuation of ***Pharmanews*** and its mission stands as a testament to a life devoted to service, vision and impact.

The legal lesson is therefore simple but profound: build, document, plan and prepare. Legacy should never be left to chance. The most enduring institutions are those whose founders understand that leadership is temporary, but purpose can be permanent. As we honour the memory of Sir Ifeanyi Atueyi, we are reminded that the greatest legacy a visionary can leave behind is not merely an institution, but an institution equipped to carry the vision forward.





Experts advocate community-based approach to tackling heart disease

— As Victory Drugs partner Muslim community to improve healthcare access

By Adebayo Oladejo

As Nigeria grapples with a rising burden of non-communicable diseases, healthcare professionals have stressed the need for stronger community-based interventions to promote early detection and prevention of conditions such as hypertension, diabetes and cardiovascular diseases.

The call was made during a comprehensive health fair organised by Victory Drugs Pharmacy in partnership with the Festac Town Muslim Community (FTMC) at the Oba Bi Olorun Kosi Jumat Centre in Festac Town, Lagos.

The outreach, which targeted about 500 young adults and elderly residents, brought together physicians, pharmacists, cardiologists, dentists, physiotherapists, dietitians, laboratory scientists and other healthcare professionals who provided free screenings, consultations and counselling services.

Speaking at the event, Managing Director and Chief Executive Officer of Victory Drugs Pharmacy, Pharm. Folasade Lawal, said the initiative was conceived to address the increasing prevalence of cardiovascular diseases and improve access to preventive healthcare. She explained that the programme evolved from a large-scale outreach organised in the past which later expanded after requests from Muslim community leaders who attended the earlier church-based intervention.

"We strongly believe in collaboration and a multidisciplinary approach to patient care," she said.

Lawal noted that the outreach focused on cardiovascular health, with participants undergoing blood pressure, blood sugar and cholesterol screenings as well as cardiovascular risk assessments. According to her, hypertension remains one of the most common chronic health conditions among Nigerians, with many individuals unaware of their status until serious complications occur.

"There is hardly any outreach we have done where we do not find people with very high blood pressure who are knowing it for the first time," she added.

Speaking further, Lawal said the success of the outreach was made possible through the support of several healthcare institutions and corporate partners. El-Lab offered cholesterol tests, Meridian Cardiac Clinic provided cardiology consultations, while Rabboni Dental Clinic, nutritionists and physiotherapists delivered specialist care.

She added: "Omron, represented by New Heights, conducted blood pressure checks; Emzor offered Hepatitis B screening; Vitabiotics carried out bone density tests; and Platos supplied body monitors for BMI and body fat assessments. Biofem donated retractable lancets, Roche (ISN) provided glucometers, Pharmacy Plus distributed supplements, while Swipha supported the programme with personnel and souvenirs."

Speaking in the same vein, clinical coordinator of the programme, Dr Ilerioluwa Lawal, warned that hypertension continues to pose a major public health challenge due to its silent nature.

"A lot of people are walking around with blood pressure readings of 180, 190 and even above 200 without knowing it," he said, stressing that conditions affecting the heart, kidneys and liver often remain undetected until advanced stages. He urged Nigerians to embrace routine medical checks and necessary lifestyle modifications, particularly where there is a family history of hypertension, diabetes, stroke, cancer or cardiovascular disease.

Also lending her voice to the conversation, Director of Medical Services and Disease Control, Lagos State Health District V, Dr Amina Ahmad Bello, described the outreach as a laudable initiative that aligns with efforts to improve healthcare access and reduce inequalities within society.

According to her, many Nigerians still struggle with out-of-pocket healthcare expenses, making community-based interventions an important avenue for reaching vulnerable populations. Bello identified hypertension and diabetes as two of the most neglected non-communicable diseases in the country, noting that many patients only seek care after complications have already developed.



Pharm. Folasade Lawal, managing director and chief executive officer of Victory Drugs Pharmacy (left), and some community leaders at the outreach.

Speaking on the importance of nutrition in preventing cardiovascular diseases, Mrs Jesutola Adegbite noted that unhealthy dietary habits remain one of the major contributors to heart disease and other chronic health conditions. Citing the famous words of Hippocrates, she urged Nigerians to embrace healthier food choices and understand the long-term impact of daily dietary decisions.



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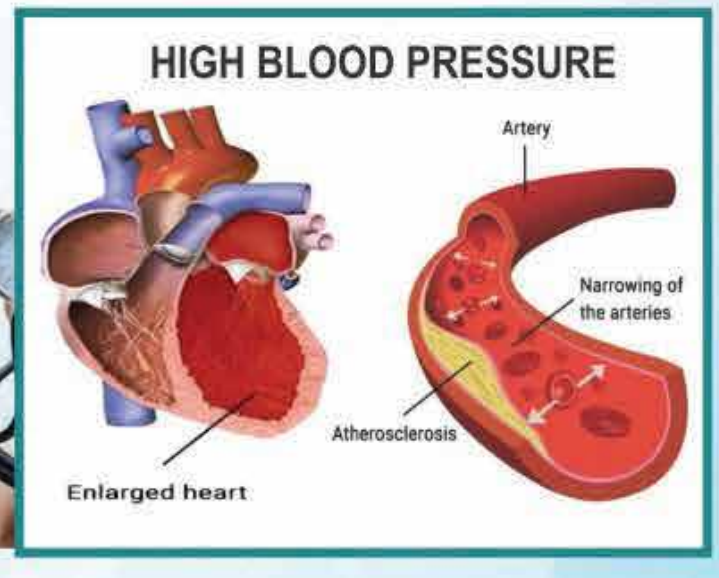
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Nutritional support for inflammation control, joint health, and mobility

By Chima Ejimofor
(Wellness coach and nutrition advocate)



Joint discomfort, stiffness, and reduced mobility are increasingly common—not only with ageing but also due to sedentary lifestyles, repetitive strain, and chronic inflammation.

Inflammation, while a natural defence mechanism, becomes harmful when persistent, contributing to joint degeneration, pain, and reduced quality of life.

Rather than relying solely on pharmaceutical anti-inflammatory agents, many individuals benefit from organic nutritional supplementation that supports the body's natural repair, lubrication, and anti-inflammatory pathways.

Understanding inflammation and joint health

Healthy joints rely on cartilage integrity, synovial fluid lubrication, and balanced inflammatory signalling.

Chronic inflammation can lead to:

- Cartilage breakdown
- Joint stiffness and discomfort
- Reduced range of motion
- Slower recovery after activity

Nutritional support focuses on reducing inflammation, rebuilding connective tissue, and improving joint lubrication.

Key nutritional components for joint support

1. **Collagen, cartilage nutrients, and structural support**

Joint integrity depends on compounds such as collagen, glycosaminoglycans, and chondroitin. These nutrients support cartilage repair and resilience.

Natural eggshell membrane–derived compounds provide a unique combination of collagen, hyaluronic acid, and structural proteins that help maintain joint flexibility and reduce stiffness.

2. **Anti-inflammatory botanicals**

Plant-based compounds such as turmeric (curcumin) and ginger help regulate inflammatory pathways. These botanicals:

Reduce joint discomfort

Support recovery after exercise

Protect tissues from oxidative damage

Curcumin, in particular, has enhanced effectiveness when delivered in bioavailable forms.

3. **Joint lubrication and hydration**

Hyaluronic acid plays a critical role in maintaining joint lubrication and shock absorption. Adequate levels support smooth movement and reduce friction within joints.

Supplementation with hyaluronic acid supports:

Improved flexibility

Reduced stiffness

Enhanced mobility

4. **Sulphur compounds and connective tissue health**

Methylsulfonylmethane (MSM) provides bioavailable sulphur necessary for maintaining healthy connective tissue. It supports collagen formation and reduces inflammation in joints and muscles.

5. **Aloe-based nutritional support**

Aloe-derived supplements enhance nutrient absorption and provide anti-inflammatory and antioxidant support. They also improve hydration and digestion, which are essential for tissue repair.

Aloe acts as a delivery system, helping the body better utilize joint-supporting nutrients.

Recovery, mobility, and active living

Nutritional support is especially important for:

Ageing individuals experiencing joint stiffness

Active individuals or athletes

People with physically demanding jobs

Those recovering from repetitive strain

Consistent nutritional support improves mobility, flexibility, and recovery time, allowing individuals to maintain an active lifestyle.

Conclusion

Joint health depends on a combination of structural nutrients, anti-inflammatory compounds, and proper hydration. Organic nutritional supplementation—featuring collagen-supporting compounds, hyaluronic acid, MSM, aloe, and plant-based antioxidants—provides a sustainable approach to mobility and long-term joint health.

By addressing inflammation at its root and supporting tissue repair, individuals can maintain flexibility, reduce discomfort, and stay active at every stage of life.

Are you experiencing joint stiffness, reduced mobility, or discomfort?

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Mrs Chima Ejimofor is the lead partner of Infinite Health Consult, and is available for the purchase of Forever Living Products, health talks and wellness seminars. She is based in Lagos, Nigeria. Telephone/ WhatsApp: 07033179632, email: infinitehealthconsult@gmail.com. Online Store: https://thealoeveraco.shop/a4irOWig



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Chikungunya: History, causes and management

By Patrick Iwelunmor

Chikungunya is a viral disease transmitted primarily through the bite of infected mosquitoes. It is characterised by sudden fever, severe joint pain, headache, muscle pain, rash, and fatigue. Although rarely fatal, the disease can cause significant discomfort and disability, especially due to persistent joint pain that may last for months or even years. Chikungunya has emerged as a major public health concern in many tropical and subtropical regions of the world. It spreads exclusively through the bites of infected *Aedes* mosquitoes, the same mosquitoes that transmit dengue and Zika.



The term "chikungunya" originates from the Kimakonde language spoken in parts of Tanzania and Mozambique. It means "to become contorted" or "that which bends up," describing the stooped posture adopted by sufferers because of intense joint pain. The disease was first officially identified during an outbreak in southern Tanzania in 1952. Researchers isolated the causative virus and named it the Chikungunya virus. Following its discovery, outbreaks were reported across Africa and Asia, where the virus became endemic in several countries.

For many decades, Chikungunya remained largely confined to Africa and Asia. However, globalisation, increased international travel, urbanisation, and the widespread distribution of mosquito vectors facilitated its spread to new regions. Major outbreaks occurred in the Indian Ocean islands between 2004 and 2006, affecting millions of people. Subsequently, cases were reported in Europe and the Americas. In 2013, local transmission was confirmed in the Caribbean, marking the virus's significant expansion into the Western Hemisphere. Today, Chikungunya continues to pose a health challenge in many countries.

Cause and transmission

The disease is caused by the Chikungunya virus (CHIKV), an RNA virus belonging to the genus *Alphavirus* in the family *Togaviridae*. The virus is transmitted mainly through the bites of infected female *Aedes aegypti* and *Aedes albopictus* mosquitoes. These mosquitoes are also responsible for transmitting other viral diseases such as dengue fever and Zika virus infection. When a mosquito bites an infected person, it acquires the virus and can subsequently transmit it to healthy individuals through later bites.

Several factors contribute to the spread of Chikungunya. Environmental conditions such as heavy rainfall, poor drainage systems, and stagnant water provide ideal breeding sites for mosquitoes. Rapid urbanisation, overcrowded settlements, inadequate sanitation, and climate change have also enhanced mosquito proliferation. Increased global travel allows infected individuals to carry the virus across borders, facilitating outbreaks in new regions where competent mosquito vectors exist.

Symptoms and diagnosis

The symptoms of Chikungunya usually appear between three and seven days after an infected mosquito bite. The most common symptom is a sudden high fever accompanied by severe joint pain, particularly in the hands, wrists, ankles, and feet. Other symptoms include headache, muscle pain, nausea, fatigue, and skin rash. While most patients recover within a week, some experience chronic joint pain that may persist for months or years, significantly affecting their quality of life. Infants, older adults, and individuals with underlying medical conditions may experience more severe complications.

Diagnosis of Chikungunya is often based on clinical symptoms and a history of exposure to mosquito-infested areas. Laboratory tests such as reverse transcription polymerase chain reaction (RT-PCR), viral culture, and serological tests are used to confirm infection. Because its symptoms resemble those of dengue and Zika infections, accurate laboratory diagnosis is essential for proper management and surveillance.

Treatment and prevention

Currently, there is no specific antiviral treatment for Chikungunya. Management focuses on relieving symptoms and supporting recovery. Patients are advised to rest, drink plenty of fluids, and use medications such as paracetamol to reduce fever and pain. Non-steroidal anti-inflammatory drugs (NSAIDs) may be prescribed after dengue has been ruled out. In cases of prolonged joint pain, physiotherapy and rehabilitation may help improve mobility and reduce discomfort.

Prevention remains the most effective strategy for controlling Chikungunya. Efforts focus on reducing mosquito populations and minimising human exposure to mosquito bites. Individuals can protect themselves by using insect repellents, wearing long-sleeved clothing, sleeping under mosquito nets, and installing window screens. Communities can eliminate mosquito breeding sites by removing stagnant water from containers, tires, flower pots, and gutters. Public health campaigns and vector control programs play a crucial role in preventing outbreaks.

In conclusion, Chikungunya is a mosquito-borne viral disease with a history spanning more than seven decades. Although it is rarely fatal, its debilitating symptoms, particularly persistent joint pain, can significantly affect individuals and communities. Understanding its causes, transmission patterns, and preventive measures is essential for effective control. As global environmental and social changes continue to influence disease spread, strengthened surveillance, public awareness, and mosquito control efforts remain vital in reducing the burden of Chikungunya worldwide.




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METRONEWS

By

Adebayo Oladejo

Democracy Day: NMA Lagos slams FG over collapsing health sector

The Lagos State chapter of the Nigerian Medical Association (NMA) has criticised the Federal Government over what it described as the continued decline of Nigeria's health sector, citing poor funding, worsening brain drain, weak disease control systems and misplaced priorities.

In a Democracy Day statement, the Chairman of NMA Lagos, Dr Babajide Saheed, said the health sector has failed to record meaningful improvement over the years, warning that it is drifting deeper into crisis.

He added that government has shown limited commitment to addressing the mass migration of health professionals, popularly referred to as the "Japa syndrome," stressing that urgent reforms are needed to stabilise the system and improve healthcare delivery.

World Blood Donor Day:WHO raises alarm over blood shortage in africa

The World Health Organisation (WHO) has raised concern over persistent shortages in safe blood supply across the African region, warning that millions of patients remain at risk due to inadequate access to blood and blood products.

In a message marking the 2026 World Blood Donor Day themed *"One Drop of Humanity. Give Blood. Save Lives,"* WHO Regional Director for Africa, Prof. Mohamed Yakub Janabi, noted that while voluntary blood donation has improved over the years, demand still far exceeds supply across most health systems.

He disclosed that blood donations in Africa rose from about 2.2 million in the early 2000s to nearly seven million in 2023, but stressed that the figure remains insufficient to meet clinical needs, calling for stronger voluntary donation systems and sustained public awareness campaigns.

Niger shuts 15 health centres, arrests fake doctor

The Niger State Private Health Facilities Agency (NiSPHFA) has shut down 15 private health facilities and arrested a man accused of posing as a medical doctor during an enforcement operation in Suleja Local Government Area.

Executive Chairman of NiSPHFA, Dr Abdullahi Suleiman, disclosed this during an inspection exercise in Suleja, noting that the action followed intelligence reports and routine regulatory checks aimed at sanitising the health sector and protecting residents from unsafe medical practices.

He said Ellamara Specialist Hospital was sealed after it was discovered that a suspect allegedly provided medical services without the required qualifications, professional registration, or valid practising licence, adding that preliminary investigations indicated the individual had practised for about six years after reportedly dropping out of medical school.

Ebola: Oyo assures residents of safety, places healthcare workers on alert

The Oyo State Government has assured residents of its preparedness to prevent, detect and respond effectively to any potential outbreak of Ebola Virus Disease, following recent reports of cases in the Democratic Republic of Congo and Uganda.

The Commissioner for Health, Dr Oluwaserimi Ajetunmobi, said in a statement issued by the Commissioner for Information, Prince Dotun Oyelade, that although Nigeria has not recorded any case, the state is closely monitoring developments and has activated preparedness measures to safeguard public health.

She added that disease surveillance systems have been strengthened across all 33 local government areas, with health facilities, rapid response teams, laboratories and disease notification officers placed on heightened alert to ensure quick detection and response if needed.

Use hospitals for safer deliveries, Kwara urges pregnant women

The Kwara State Government has intensified efforts to reduce maternal and newborn mortality by sensitising pregnant women on the importance of antenatal care attendance, hospital delivery and proper birth preparedness.

The campaign, organised by the Ministry of Health in collaboration with the United Nations Population Fund (UNFPA) to mark the International Day of the Midwife, was aimed at improving awareness on safe motherhood practices across the state.

Speaking at the event in Ilorin, the Permanent Secretary of the Ministry of Health, Dr. Taoheed Abdullahi, urged expectant mothers to register early for antenatal care and ensure delivery in health facilities under the supervision of skilled health professionals, noting that early detection of complications remains key to reducing maternal and newborn deaths.

FG unveils HIV strategy to cut donor dependence

The Federal Government has launched a new National HIV and AIDS Strategic Plan (NSP 2026–2030) aimed at transitioning Nigeria's HIV response from heavy donor dependence to a more sustainable, locally driven financing model.

Speaking at the launch in Abuja, the Director-General of the National Agency for the Control of AIDS (NACA), Dr Temitope Ilori, said Nigeria has reached a defining moment in its HIV response and must adopt stronger domestic funding mechanisms to sustain progress made over the years.

She noted that while the country has recorded significant reductions in new infections and improved access to treatment through international partnerships, declining external support makes it necessary to strengthen national ownership and long-term sustainability of HIV programmes.

Hospital malnutrition requires urgent action, WASPEN tells FG

By Temitope Obayendo



Dr Teresa Isichei Pounds

The West African Society of Parenteral and Enteral Nutrition (WASPEN) has raised serious concerns over the rising incidence of hospital malnutrition in Nigeria, describing it as a silent epidemic that requires urgent intervention by the Federal Government to avert a full-blown crisis.

The society revealed that between 30 and 45 per cent of patients admitted to tertiary hospitals in the country are already malnourished at admission. This figure reportedly rises to 71 per cent among patients in elderly wards in Enugu. It also cited Médecins Sans Frontières (MSF) data indicating that more than 800 children with severe malnutrition died in Katsina health facilities in 2024 alone due to inadequate screening and shortages of multidisciplinary nutrition teams.

Founder and President of WASPEN, Dr Teresa Isichei Pounds, disclosed this during a virtual press conference held to herald the society's 5th Annual Conference, scheduled for 22–25 June, at the Federal Medical Centre (FMC), Asaba, Delta State.

The conference, themed "Sustainable Clinical Nutrition Services: Ensuring Access, Safety, and Collaboration," will focus on three key priorities: ensuring that every patient who requires nutrition support can access it regardless of location or economic status; promoting evidence-based nutrition interventions through standardised protocols and multidisciplinary oversight; and fostering collaboration among healthcare professionals, institutions, government agencies, researchers, and international partners to address malnutrition in a coordinated and effective manner.

Pounds emphasised that malnutrition remains one of the most under-recognised threats to patient safety and recovery. According to her, it affects patients across all stages of life - from premature newborns in neonatal intensive care units to children battling severe illnesses and adults living with chronic diseases such as HIV, tuberculosis, cancer, and surgical conditions.

"Evidence shows that hospital malnutrition is associated with longer hospital stays, increased infections, delayed wound healing, higher treatment costs, and increased readmission and mortality rates," she said.

She urged the Federal Government to accord hospital malnutrition the same level of attention currently given to community-based malnutrition interventions. She also called for increased investment in nutrition screening programmes, specialised nutrition products, and multidisciplinary support systems within healthcare facilities.

According to her, many patients requiring advanced nutrition therapies, such as parenteral nutrition, are often unable to access treatment due to financial constraints and limited availability of resources.

"The government needs to recognise that hospital malnutrition has both clinical and economic consequences. We need the resources to identify these patients early and provide the necessary interventions that can save lives and reduce healthcare costs," she said.

The clinician added that this year's conference places special emphasis on neonatal and paediatric nutrition care, noting that these groups are among the most vulnerable patients in the healthcare system.

"Their survival and long-term development are deeply dependent on timely and appropriate nutrition support," she stated.

The Chairman of the conference, Pharm. (Chief) Paul Enebeli, corroborated the points raised by the founder, noting that healthcare practitioners continue to witness the adverse impact of malnutrition on patient outcomes.

According to him, malnutrition slows recovery, prolongs hospital stays, worsens complications, and places significant financial pressure on both families and healthcare systems.

"What is often overlooked is that many of these outcomes are preventable," he said.

He urged the government to adopt a preventive approach through timely nutrition screening, early intervention, and coordinated multidisciplinary care, stressing that such measures would help patients recover faster, respond better to treatment, and experience fewer complications.

"This is why clinical nutrition must be treated as an essential clinical service, not an optional support function," he added.

The Chief Medical Director of FMC Asaba, Dr Ekeneam Omo, expressed the hospital's delight at hosting the 2026 WASPEN Clinical Nutrition Conference, noting that the necessary facilities have been put in place for the event.

Omo thanked WASPEN for choosing FMC Asaba as the host institution, describing the opportunity as significant for advancing clinical nutrition practice within the facility.

"We are excited to host this conference because of the immense benefits it will bring to our institution and the healthcare system. Preparations are already ongoing, and we are engaging the Delta State Government to ensure a successful event," he stated.

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Retiring Prof. Erhun launches PHARMFORGE, calls for professional excellence

By Adebayo Oladejo

Renowned pharmacy scholar and administrator, Professor Wilson O. Erhun, has challenged pharmacists and aspiring healthcare professionals to embrace service, mentorship, integrity and professional excellence as enduring pillars for personal success and the advancement of the profession.

Erhun gave the charge during his valedictory lecture at Obafemi Awolowo University (OAU), Ile-Ife, where academics, pharmacy leaders, students, alumni and professional colleagues gathered to celebrate his remarkable 47-year career in teaching, research, mentorship and professional service.

The event also featured the launch of PHARMFORGE, a structured mentorship initiative designed to nurture future leaders in pharmacy, as well as the unveiling of the Wilson Erhun Foundation for Pharmacy Administration (WEFPA) and the presentation of his new book, Pharmacy Jurisprudence in West Africa.

Delivering his valedictory lecture, titled "Big Tomatoes on Rough Roads", the revered scholar reflected on his academic journey, describing retirement as a time to "look back with gratitude, look around with understanding and look ahead with hope".

He recounted his educational and professional journey from Delta State to the then University of Ife, where he obtained his Bachelor of Pharmacy degree in 1978, his Master's degree in 1980 and his PhD in 1984. He noted that perseverance, faith and resilience had enabled him to overcome the many challenges he encountered along the way.



Prof. Wilson Erhun and wife, Prof. (Mrs) Mercy Erhun (middle), flanked by members of the Department of Clinical Pharmacy and Pharmacy Administration, during a ceremony held in honour of Prof. Erhun's mentorship initiative and enduring legacy at the OAU, Ile Ife, Osun State.

According to him, the difficult moments he experienced during his career ultimately strengthened his resolve and helped shape his outlook on leadership, mentorship and service.

The professor stressed that true legacy is measured not by titles or positions held, but by the people mentored, institutions strengthened and values transferred to future generations.

Earlier, the Vice-Chancellor of Obafemi Awolowo University, Prof. Simeon Bamire, represented by the Deputy Vice-Chancellor (Research and Innovation), Prof. Akanni Adeyemi, commended Erhun for his immense contributions to the university and the pharmacy profession.

He described the retiring don's impact on pharmacy education, administration and leadership development as remarkable and enduring, noting that his legacy would continue to inspire future generations.

A major highlight of the programme was the launch of PHARMFORGE, a mentorship initiative introduced by Prof. Ayodapo Oluwadare Jegede.

Speaking on the initiative, Jegede explained that PHARMFORGE was established to create a sustainable mentorship ecosystem connecting pharmacy students, intern pharmacists, early-career professionals, postgraduate researchers and practitioners with experienced mentors across various fields of pharmacy practice.

Delivering the keynote address at a mentorship programme held in honour of Prof. Erhun, the President of the West African Postgraduate College of Pharmacists (WAPCP), Harshipa Tarpeh, described mentorship as one of the most strategic tools for raising competent, ethical and results-driven pharmacists capable of transforming healthcare systems across Africa.

He advocated institutionalised mentorship structures within the profession, stressing that sustainable leadership development depends on the deliberate grooming of future generations.

Also speaking, Prof. Julius Soyinka described Erhun as a disciplined scholar, visionary teacher and mentor whose contributions have significantly shaped pharmacy administration, leadership training and academic excellence.

International guests Fred Eckel and Stephen Eckel commended Erhun's commitment to mentorship, professional service and Christian values throughout his career.

Another major feature of the event was the presentation of Erhun's book, *Pharmacy Jurisprudence in West Africa*.

Reviewing the publication, Prof. Noel Wannang described the book as a timely contribution to healthcare governance, patient safety and professional regulation, noting that it bridges legal principles and practical healthcare realities across West Africa.

The chief launcher, Deji Oladapo, who joined virtually from the United States, said the publication would contribute significantly to strengthening professional standards and pharmacy practice within the region.

The ceremony climaxed with the unveiling of the Wilson Erhun Foundation for Pharmacy Administration (WEFPA), a non-profit organisation dedicated to leadership development, research and innovation, advocacy, collaboration, and healthcare systems strengthening across Africa.

The event attracted academics, pharmacy leaders, representatives of professional associations, alumni, students, international guests and other stakeholders from across the healthcare sector.



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May & Baker eyes expansion, as shareholders applaud management at 75th AGM

By Ranmilowo Ojalumo



Board of Directors, May & Baker Nigeria PLC. From left: Mr Michael Odumodu; Mr Samuel Aboderin; Pharm. Patrick Ajah (MD/CEO); Chairman, Senator Daisy Danjuma and Company Secretary's representative, Mr Abiodun Oyebanjo.

May & Baker Nigeria Plc held its 75th Annual General Meeting (AGM) in Lagos on 4 June, where shareholders commended the board and management for delivering strong financial and operational performance.

Speaking with journalists at the AGM, the management of the pharmaceutical giant unveiled plans for expansion, increased production capacity and export growth. Shareholders, many of whom could not hide their excitement, praised the management for what they described as a job well done, noting that the company remains well managed and continues to grow stronger.

Speaking at the event, the Chairman of May & Baker Nigeria Plc, Senator Daisy Danjuma, said that despite the challenging business environment, particularly foreign exchange volatility and rising operating costs, the company recorded impressive performance in 2025, enabling it to pay improved dividends and enhance shareholder value.

She attributed the company's sustained success to its commitment to quality, innovation and efficient management, noting that May & Baker has remained a trusted healthcare brand since its establishment in 1944.

She described May & Baker as the first pharmaceutical company in West Africa and said generations of Nigerians have continued to rely on its products because of the company's commitment to maintaining high quality standards.

"Our shareholders are happy, and the company has also performed strongly in the stock market. This growth is the result of the efforts of the board, management and staff, who have worked hard to sustain and expand the business," she said.

The chairman noted that the company was introducing new products, investing in new machinery and expanding its operations to support future growth. According to her, the expansion drive will not only increase production capacity but also create employment opportunities and contribute to economic development.

She stated that as the company grows, more people are employed and more opportunities are created, adding that May & Baker remains committed to improving healthcare delivery through the production of quality medicines trusted by Nigerians.

Danjuma, however, called for stronger government support for local pharmaceutical manufacturers, citing inadequate power supply and infrastructure deficits as major constraints to industry growth.

She said manufacturers continue to spend enormous resources on generators, diesel and alternative energy sources to keep production lines running, stressing that stable electricity and improved infrastructure would significantly enhance the competitiveness of the sector.

Also speaking, the Managing Director and Chief Executive Officer, Pharm. Patrick Ajah, said May & Baker remained focused on long-term growth despite prevailing economic challenges.

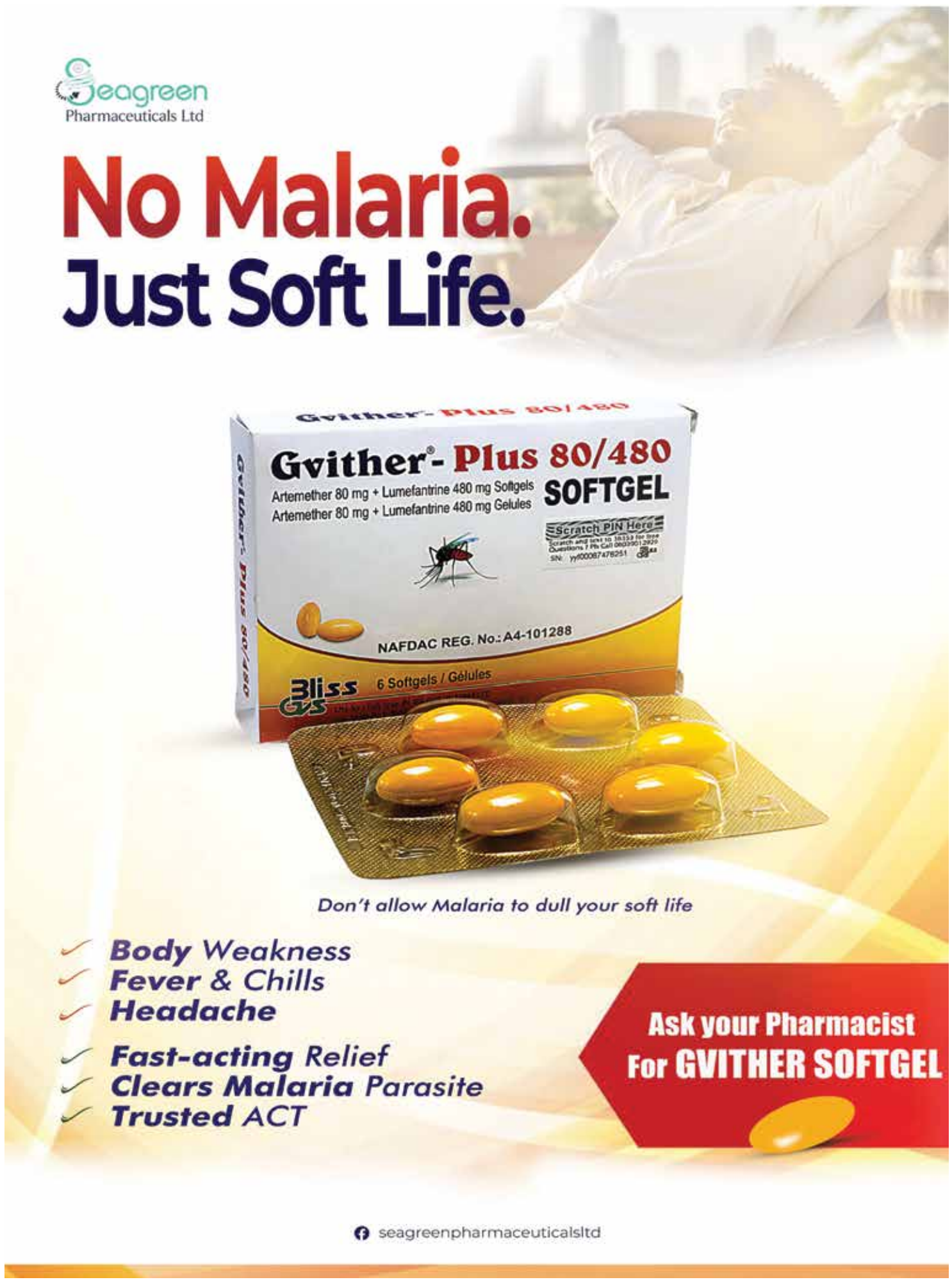
Ajah disclosed that the company benefited from improved foreign exchange stability over the past year, which enabled better planning and reduced the need for constant price adjustments. He noted that May & Baker's revenue rose from N28 billion to N38 billion during the period under review, driven by strong demand for its products.

According to him, management concentrated on expanding existing operations rather than embarking on entirely new projects, investing heavily in machinery to increase production capacity. He noted that demand for the company's bottled water and paracetamol products continues to outstrip supply despite the acquisition of additional equipment.

The CEO revealed that the company plans to make major investments in new facilities between this year and next as part of efforts to sustain growth and meet rising market demand.

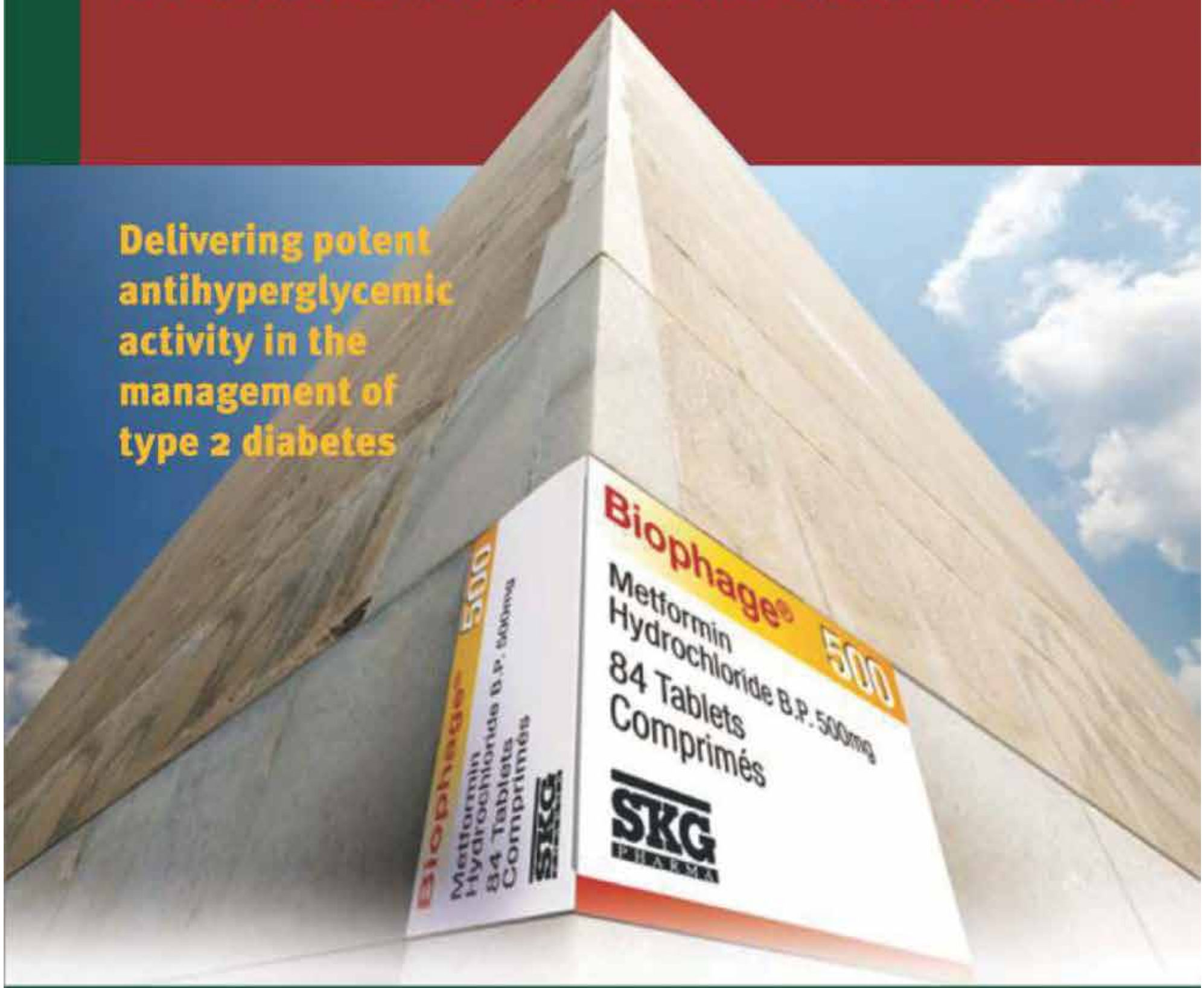
On regional expansion, Ajah said the company was actively exploring opportunities under the African Continental Free Trade Area (AfCFTA) and pursuing product

continued on page 39



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SKG

Shiny bush, healthy herb

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



Peperomia pellucida

Peperomia pellucida (Fam. Piperaceae) is an annual, shallow-rooted herb, usually growing to a height of about 15–45 cm (6–18 inches). It is characterised by succulent stems, shiny, heart-shaped fleshy leaves, and tiny, dot-like seeds attached to several fruiting spikes. It has a mustard-like odour when crushed. It is also known by common names such as pepper elder, shining bush plant, crab claw herb, man-to-man, crested pepper, clearweed, and silver bush. It is called *markafi* or *daadaa* by the Hausas; *oku okpukpu nta, nla,* or *umu nla* by the Igbos; and *ewe rinrin* by the Yorubas.

Constituents

P. pellucida contains phytochemicals, including alkaloids, tannins, resins, flavonoids, steroids, and phenols. The plant is rich in crude protein, carbohydrates, and total ash. It also contains potassium, calcium, phosphorus, iron, beta-carotene, and ascorbic acid. Isolated flavonoids include acacetin, apigenin, isovitexin, and pellucidatin. Isolated phytosterols include campesterol and stigmasterol.

Preparations

The plant is available in the form of fresh or dried leaves, stems, and roots. The entire plant is edible, either raw or cooked. It may be boiled or used as an ingredient in soups and light meals.

Pharmacological actions and medicinal uses

The plant has been shown to possess antimicrobial, analgesic, anti-inflammatory, antipyretic, antihypertensive, anticancer, antidiabetic, cleansing, and antioxidant activities. This explains why it has traditionally been used to treat various medical conditions, including conjunctivitis, convulsions, fatigue, fever, headache, gout, rheumatic pain, and skin diseases such as dermatitis, acne, boils, and eczema, as well as breast cancer and diabetes.

Peperomia pellucida has demonstrated antibacterial activity against *Staphylococcus aureus*, *Bacillus subtilis*, *Pseudomonas aeruginosa*, and *Escherichia coli*, and antifungal activity against *Trichophyton mentagrophytes* in vitro.

The crushed leaf is applied topically to promote the healing of wounds, cuts, boils, acne, and other skin irritations. *Ewe rinrin* is used as an antipyretic for fever and what is commonly described as "internal body heat". In various countries, it has been used for stomach discomfort, kidney cleansing, urinary tract health, detoxification, minor bleeding, headache, renal disorders, rheumatic pain, impotence, measles, mental disorders, smallpox, uric acid reduction, colic, insomnia, gout, and cholesterol reduction. It has also been used as a diuretic in the management of proteinuria, as a cough suppressant and emollient, and in the treatment of cardiac arrhythmias.

The analgesic properties of the plant appear to be related to its effect on prostaglandin synthesis.

Adverse effects

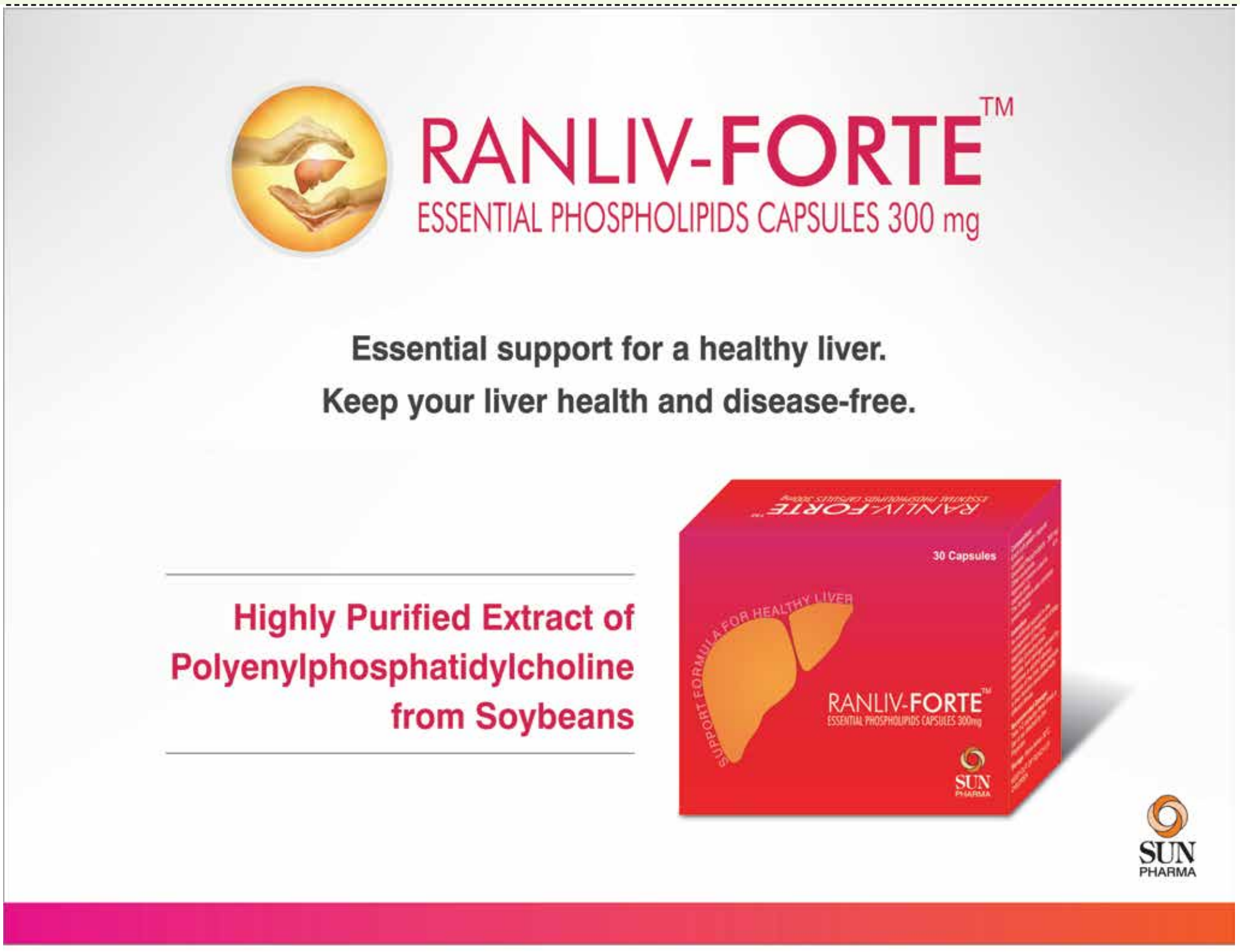
The plant may cause asthma-like symptoms in individuals with hypersensitivity to the species. Like many herbs, excessive consumption may place stress on the liver or kidneys. Topical application may cause irritation or sensitivity in some individuals. It may also interact with antihypertensive drugs, anticoagulants, or medications used in the management of kidney disease. Use during pregnancy and breastfeeding should be avoided.

Economic uses and potential

In Nigeria, *P. pellucida* is not routinely sold as a standard commercial commodity. Rather, it is gathered and traded locally as a fresh wild-harvested herb or leafy vegetable. Fresh leaves and bunches may be purchased in neighbourhood markets for as little as N200–N500 per bunch, depending on the seller and location. Dried leaves, herbal powders, and capsules typically sell for between N6,000 and N15,000, depending on the weight or volume. The plant has considerable potential for utilisation in the agricultural, food, and pharmaceutical industries.

Reference

Nordin, N. A., Pauzi, M. R., Ismail, S., Rahman, N. I. A., Suzima, E. A., & Sukri, A. (2025). *A comprehensive review of Peperomia pellucida: Chemical composition, traditional and pharmacological uses, and potential in dermatitis management*. Malaysian Journal of Applied Sciences, 10(1), 100–111.



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PCNNews

PCN seals 572 premises in Plateau, arrests five for regulatory violations in Kano

By Ifeoluwa D. Afolayan

The Pharmacy Council of Nigeria (PCN) has sealed 572 pharmaceutical premises in Plateau State and arrested five persons in Kano State as part of its ongoing nationwide enforcement efforts to ensure compliance with pharmaceutical laws and safeguard public health.

The Plateau enforcement exercise, conducted from 1–5 June, covered Jos North, Jos South, Mangu, Shendam, Barkin Ladi, Qua'an Pan, and Bassa Local Government Areas.

Addressing journalists at the end of the exercise in Jos, the Head of Enforcement Department, Dr Suleiman S. Chiroma, who represented the Registrar/CEO of the Council, Pharm. Ibrahim Babashehu Ahmed, stated that the operation was carried out pursuant to the Pharmacy Council of Nigeria (Establishment) Act, 2022 and in furtherance of the implementation of the National Drug Distribution Guidelines (NDDG).

According to him, a total of 778 premises were inspected during the exercise, comprising 199 pharmacies, 499 Patent and Proprietary Medicine Vendor (PPMV) shops, and 80 illegal medicine outlets.

Of the total number inspected, 572 premises were sealed, including 120 pharmacies, 372 PPMV shops, and all 80 illegal medicine outlets. In addition, five compliance directives were issued to premises found to have regulatory deficiencies requiring corrective action.

Chiroma noted that the exercise revealed significant levels of non-compliance among operators in the state. Violations observed included unauthorised clinical practice, unlawful storage and dispensing of medicines beyond approved legal limits, operation without valid licences, obstruction of authorised inspectors, unauthorised access to controlled medicines, and other practices capable of compromising patient safety and public health.

He expressed concern that only 40 per cent of the pharmacies inspected were found to be in good standing, while approximately 60 per cent failed to meet the required regulatory standards.

The exercise also revealed that pharmacies constituted only 26 per cent of the total premises inspected, with the majority comprising PPMV shops and illegally operated medicine outlets. According to the Council, this underscores the need for sustained regulatory interventions aimed at sanitising the pharmaceutical distribution system and ensuring that medicines are handled only by qualified and licensed personnel.

Meanwhile, the Council's National Enforcement Team carried out a follow-up operation in Kano State on 11 June, leading to the arrest of five persons for violating provisions of the PCN Act, 2022.

Three of the suspects were apprehended in Kurmi Market for breaking official PCN seals placed on premises previously sanctioned by the Council, while two others were arrested for the illegal sale of medicines in Dalan Gyada Market.

The Council reiterated that both Kurmi Market and Dalan Gyada Market remain prohibited locations for the sale and distribution of medicines. The arrested persons are expected to be arraigned before the Federal High Court for prosecution.

Speaking on the significance of the enforcement activities, the Registrar/CEO, Pharm. Ibrahim Babashehu Ahmed, reaffirmed the Council's commitment to ensuring that medicines are distributed through approved channels and dispensed by appropriately trained and licensed professionals.

He stated that the ongoing nationwide enforcement programme is aimed at eliminating unqualified operators from the pharmaceutical supply chain, strengthening medicine storage standards, and reducing the circulation of substandard and falsified medical products.

"The availability of safe, effective, and quality-assured medicines remains fundamental to the achievement of Universal Health Coverage and the delivery of quality healthcare services to Nigerians," he said.

The Council further warned that the unauthorised handling of medicines, particularly controlled medicines, poses serious risks to public health and national security, as such products may be diverted for unlawful purposes.

PCN expressed appreciation to the Government and people of Plateau State for their cooperation during the enforcement exercise and reiterated its resolve to sustain regulatory oversight across the country in line with its statutory mandate.

Members of the public are advised to obtain medicines only from PCN-licensed pharmacies and approved medicine outlets displaying valid registration and licensing credentials.

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Nigerian Academy of Science inducts Emeje, five others as Fellows

By Temitope Obayendo

In what many have described as a well-deserved honour, the Director-General of the Nigerian Natural Medicine Development Agency (NNMDA), Professor Martins Emeje, has been formally inducted into the Fellowship of the Nigerian Academy of Science (NAS), alongside five other distinguished scientists.

The induction ceremony took place recently at the NAS T.Y. Danjuma Science Museum and Library in the Wasa District of Abuja. It was held alongside a public lecture titled, *"Redefining Cancer Care in the Era of Immunotherapy and Precision Oncology: Implications for Research, Treatment and Policy in Nigeria."*

The newly decorated Fellows and their respective disciplines are Prof. Martins Emeje (Pharmaceutical Technology and Industrial Pharmacy), Prof. Omotayo Arotiba (Physical Chemistry) and Prof. Festus Okoye (Natural Product Medicinal Chemistry). Others are Prof. Emeka Oguzie (Physical Chemistry), Prof. Olufunmilayo Fawole (Epidemiology and Public Health) and Prof. Olukemi Amodu (Genetics, Molecular Biology and Public Health).

Emeje, who was recently appointed co-chair of the World Health Organisation's Strategic and Technical Advisory Group on Traditional, Complementary and Integrative Medicine (STAG-TM),



R- L: Minister of Innovation, Science and Technology, Dr Kingsley Udeh, SAN, and Prof. Martins Emeje.

described the fellowship as both a prestigious recognition of his work at the global level and a challenge to do more in service to humanity.

"Gaining admission into a nation's academy is the most prestigious milestone that can happen to any scholar because it represents the highest level of scholarship," Emeje said. "It automatically opens the most important academic, experiential and professional doors."

He added that the collective expertise within the Academy is unmatched.

"The Academy is made up of scientists who have seen it all. The cumulative knowledge available in that group cannot be found anywhere else. This means the research activities I currently coordinate locally and internationally have just received a major boost. I now have access to the best minds in Nigeria," he said.

The NNMDA DG expressed his determination to leverage the elite network to drive national socio-economic development.

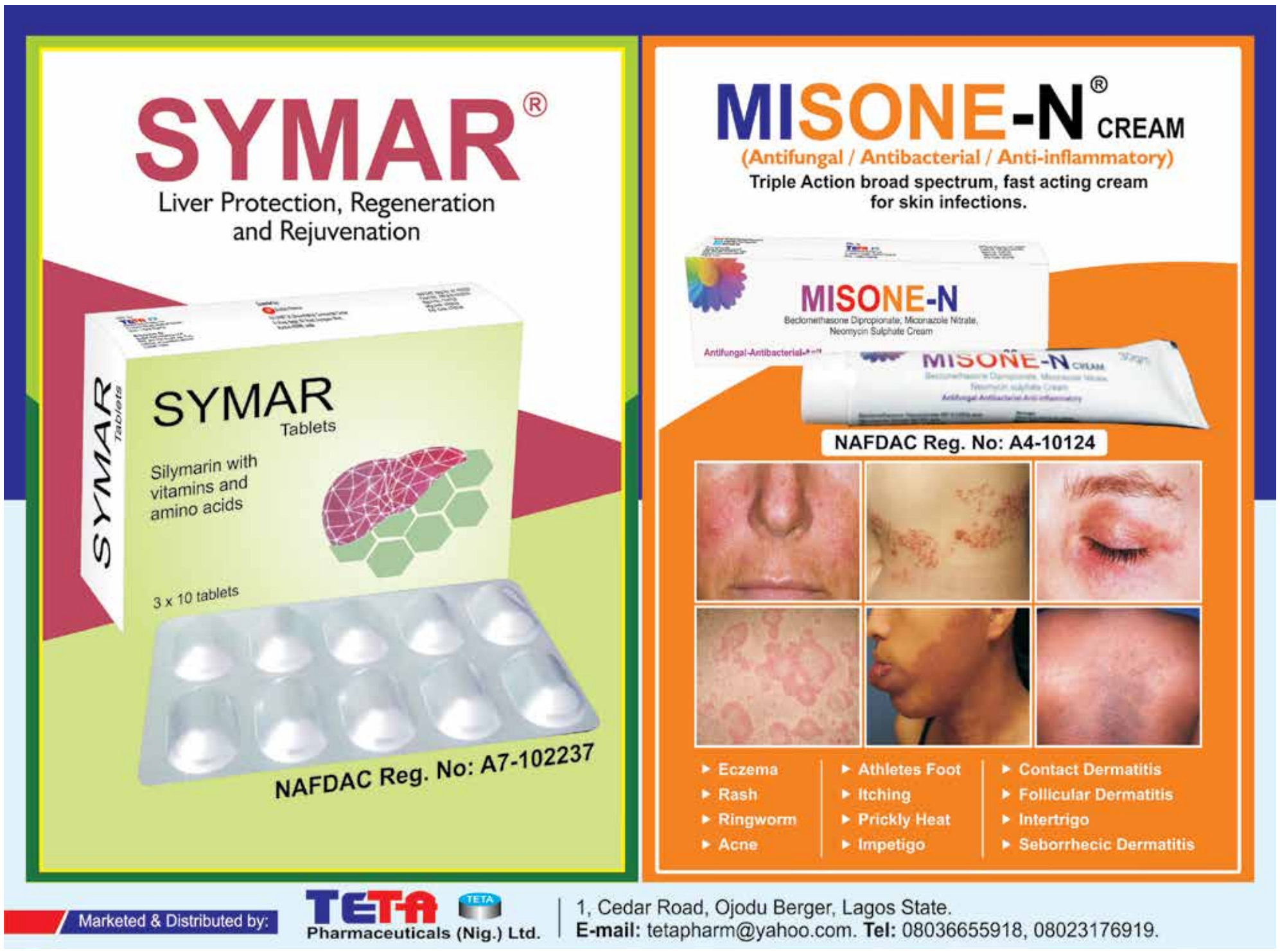
"I can now easily call upon experts across different disciplines to join our national drive," Emeje noted. "Furthermore, my work with the WHO requires extensive collaboration, partnerships and consultation. This group will be a tremendous resource for us at the global level."

The keynote speaker at the event, Professor Kunle Odunsi of the University of Chicago, addressed critical gaps in cancer treatment. He highlighted recent breakthroughs in diagnostics and precision medicine that have significantly reduced cancer incidence and improved survival rates in developed countries, including the United States.

Contrasting these advances with Nigeria's high mortality rates, weak management infrastructure and poor prevention strategies, Prof. Odunsi challenged stakeholders to invest heavily in research and reform healthcare policies to combat the cancer burden.

Earlier in the programme, the President of NAS, Professor Abubakar Sambo, charged the newly inducted Fellows to uphold the Academy's core mandate of promoting a robust scientific culture in Nigeria.

"The new Fellows are expected to promote scientific culture at the highest level in Nigeria and encourage the younger generation to pursue science and technology," Sambo said. "They are also expected to advise authorities on the adoption of science and technology projects, particularly within the education sector."



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Faes Farma unveils Deflazacort, Hidroferol with lesser adverse effects on patients

By Temitope Obayendo

In response to practitioners' search for corticosteroids with fewer adverse effects on patients and a vitamin D supplement with better bioavailability in the bloodstream, Faes Farma, a leading Spanish international pharmaceutical company, has launched two new products: Deflazacort, an oral corticosteroid, and Hidroferol, a fast-acting vitamin D supplement.

The unveiling of the innovative products, which brought together leading healthcare professionals from teaching hospitals, specialist centres, public hospitals, and private practices across Nigeria for a robust discussion on new developments in patient care, was held at the Radisson Blu Hotel, Ikeja, Lagos, recently.

Corticosteroids, also called glucocorticoids or steroids, are prescription medications that reduce inflammation in the body. According to the Cleveland Clinic, they are synthetic drugs similar to the cortisol hormone. Corticosteroids have an anti-inflammatory effect throughout the body in a way that healthcare providers can adjust to suit individual patient needs.

The World Health Organisation (WHO) includes corticosteroids in its Model List of Essential Medicines for a wide range of endocrine and non-endocrine conditions, owing to their potent anti-inflammatory and immunosuppressive properties.

Speaking on the topic, *"Emerging Uses of Deflazacort: Introducing Defal Drops,"* the Keynote Speaker, Dr L. O. Ogunjimi, consultant neurologist at OOUTH and associate professor in the Department of Pharmacology and Therapeutics, highlighted the crucial role of the new molecule in the management of autoimmune diseases, inflammatory conditions, and even paediatric nephrotic syndrome. He disclosed that his patients have reported fewer adverse reactions and improved outcomes from the use of the drug over the last seven months.

"Deflazacort is used in the treatment of many conditions across different specialties, ranging from autoimmune diseases to inflammatory conditions, various allergic disorders, and even paediatric nephrotic syndrome. It has been found to be very effective in these conditions. For us in the field of neurology, it has helped suppress some inflammatory conditions associated with neurological diseases, and the response has been quite encouraging. Most importantly, the side effects are fewer and milder compared to other existing agents," Ogunjimi asserted.

The consultant neurologist traced the use of corticosteroids over the years but identified major challenges associated with the drugs, including metabolic issues, spikes in blood glucose levels, osteoporosis from long-term use, weight gain, among others. However, he observed that these reactions appear to be less common with Deflazacort. "It seems to have fewer adverse effects, such as less elevation in blood sugar, reduced calcium depletion, less osteoporosis, and several other benefits."

Ogunjimi further remarked, based on his experience with patients, that Deflazacort has a better safety profile than other steroids, with fewer adverse effects. "From experience, patients have provided positive feedback. We are not saying it does not have its own side effects, but the side effects are fewer compared to the existing agents."



A cross-section of Faes Farma executives and medical experts at the unveiling of the new products, recently.

He nonetheless cautioned all prescribers against dispensing steroids without prescription. He advised that dosage and duration of use should follow medical recommendations, as non-compliance could expose patients to adverse reactions beyond manageable levels.

Also speaking on the topic, *"Defal (Deflazacort): A Modern Corticosteroid for Multispecialty Clinical Use,"* Dr Viola Adaeze Ikebudu, consultant dermatologist and venereologist at the Federal Medical Centre, Ebute Metta, emphasised the importance of the newly launched drug across multiple specialties, including rheumatology, dermatology, respiratory medicine, and orthopaedics.

According to her, "Deflazacort has the same anti-inflammatory potency as traditional corticosteroids, but it offers a better metabolic safety profile. It is important to note that 6 mg of Defal is equivalent to 5 mg of Prednisolone. It causes fewer side effects, including less weight gain, reduced fluid retention, lower impact on blood sugar, and less bone loss.

"So, especially for paediatric patients, elderly patients, and those with comorbidities, it is very important. Patients appreciate it greatly; we simply need to make it available to them, and they can achieve very good outcomes."

In his presentation titled *"Role of Vitamin D in the Management of Rickets and Osteomalacia: Introducing Hydroferol as the Solution,"* Dr Okanu Francis Onyebuchi, consultant orthopaedic surgeon at LASUTH, described Hidroferol as a once-monthly vitamin D medication that offers advantages over conventional vitamin D preparations because it contains calcifediol, a form of vitamin D that has already undergone liver metabolism. This makes it more readily available in the bloodstream and potentially more effective.

Like all medications, however, it can cause side effects, with the major concern being vitamin D toxicity. Patients receiving Hidroferol should have their vitamin D levels monitored regularly, monthly or every three months—to ensure levels do not exceed toxic thresholds, which can lead to hypercalcaemia (excess calcium in the blood). Severe hypercalcaemia can cause serious complications, including cardiac problems.

Regarding dosing, he explained that the currently available Hidroferol formulation is intended for adults only, with one capsule a month which is equivalent to 0.266mg of calcifediol. A paediatric formulation has not yet been introduced into the market; therefore, its use in children remains limited.

While Hidroferol may help address vitamin D deficiency-related conditions such as rickets and osteomalacia, data on the prevalence of these disorders in Nigeria was not immediately available. Nevertheless, he noted that such conditions are commonly encountered in orthopaedic clinics and are linked to nutritional deficiencies, environmental factors, and genetic influences.

On the main causes of rickets and osteomalacia, he highlighted inadequate intake of vitamin D- and calcium-rich foods, such as dairy products, fish, meat, and certain oils, often due to economic constraints. Reduced exposure to sunlight is another significant factor, he noted, as many children spend more time indoors than in the past.

To prevent these conditions, he urged parents to allow children regular outdoor play, particularly with exposure to morning sunlight, and to provide diets rich in calcium and vitamin D. Foods such as milk, fish, meat, and cod liver oil can help support healthy bone development and reduce the risk of vitamin D deficiency.

Speaking at the event with Pharm. Johnbull Ogbonna, country director, Faes Farma, he introduced the company as a multinational pharmaceutical with subsidiary in Nigeria, focusing primarily on their new steroid alternative, Defla zacort. Now available in 6 mg and 30 mg tablets, as well as a new, easily administered pediatric drop formulation (1 mg per drop), he corroborated experts review on Deflazacort, which offers a significant clinical advantage over traditional steroids due to its greatly reduced side effects, specifically minimising water retention and weight gain. Additionally, he described Hidroferol, as a unique vitamin D supplement packed in a five-tablet blister where a single dose provides a full month of efficacy.

May & Baker eyes expansion, as shareholders applaud management at 75th AGM

continued from page 31

registrations in several African countries.

He disclosed that the Government of the Republic of Benin had invited May & Baker to establish a manufacturing facility within its free trade zone, adding that the proposal was currently under consideration.

Ajah also explained that progress was being made on the company's vaccine manufacturing project, although critical government support required for its take-off was still being awaited. He expressed optimism that shareholders would receive positive updates on the project before the end of the year.

Responding to concerns over the 50-kobo dividend payout, Ajah explained that the company had retained significant funds to support working capital requirements, machinery replacement and future expansion projects.

He noted that rising raw material costs, escalating energy prices and high commercial lending rates had put pressure on operating cash flows. According to him, monthly electricity costs have risen from about N100 million to nearly N170 million, prompting the company to explore solar energy solutions to reduce expenses.

Ajah also assured shareholders that management was developing a new three-to-five-year strategic plan to guide the company's next phase of growth and expansion.

The AGM ended with shareholders expressing confidence in the board and management and endorsing strategies aimed at strengthening local manufacturing, expanding exports and positioning the company for sustainable growth in Nigeria and across Africa.

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Association of Industrial Pharmacists of Nigeria (NAIP) held her 29th Annual National Conference, Tagged "Harmony Reloaded" from May 3rd to 7th, 2026, at De peace Hotels and Suites, Ilorin, Kwara State.

Below are moments captured at the event



Pharm (Sir) Bankole Ezebuilo
NAIP National Chairman



Pharm Sir Ike Onyechi MD Alpha Pharmacy group making a contribution during the session



Pharm Val Ezeiru facilitating a training session



Mazi Sam Ohuabunwa presenting a plaque to guest lecturer Chief Osita Chidoka after the former minister's lecture



The NAIP National chairman with a group of dignitaries from the Kwara state government during the conference



Prof Lere Baale doing one of his training sessions



Dr Nonye Onyewuenyi, one of the guest lecturers from the USA delivering her training at the conference



NAIP National chairman and the guest lecturer Chief Osita Chidoka with some NAIP Excos



A team of past PSN chairmen and other prominent NAIPians with the Keynote address speaker Dr Henrietta Ukwu, and the guest lecturers Chief Osita \ Chidoka and Dr Nonye Onyewuenyi



NAIP National chairman with the NAIP BOT chairman, Prof Lere Baale and the college of past NAIP Chairmen



NAIP members during the health awareness road walk with the Kwra state commissioner of Health on the conference first day



A classroom size of NAIPians during the training sessions



The NAIP National chairman with some NAIP members



Another classroom size of NAIPians during the training sessions



Another classroom size of NAIPians during the training sessions

Association of Industrial Pharmacists of Nigeria (NAIP) held her 29th Annual National Conference, Tagged "Harmony Reloaded" from May 3rd to 7th, 2026, at De peace Hotels and Suites, Ilorin, Kwara State.

Below are moments captured at the event



Pharm (Sir) Bankole Ezebuilo NAIP National Chairman pose in his traditional attire during the social night



Mazi Sam Ohuabunwa making a presentation during the conference



Pharm Olumide Akintayo facilitating a training session at the conference



The NAIP National chairman and National secretary pose in their traditional outfits at the social night



NAIP chairman and his wife Engr Uzoamaka Ezebuilo with Dr Nonye Onyewuenyi at the social night



The NAIP National chairman with some NAIPians during the social night session



Association of Lady Pharmacists ALPs rendering the Pharmacy anthem



NAIP National chairman with some members of NAIP Kwara zone



A director of Pharmacy Council of Nigeria PCN, Dr Amina during her training session athe conference



NAIP National chairman with the Kenite address speaker, the representative of Emir of Ilorin, a representative of Kwara state deputy governor and some past PSN chairmen after a presentation at the opening ceremony



NAIP members at the Emir of Ilorin's palace for the Medical outreach preceding the conference



The keynote address speaker Dr Henrietta Ukwu delivering the keynote at the opening ceremony of the conference



The NAIP National Secretary and the Asst National secretary showing their other side during the dancing time at the social night



NAIP BOT chairman Prof Lere Baale, the college of past NAIP chairmen and some former PSN chairmen pose with the NAIP National chairman and chief Osita Chidoka



The college of former PSN chairmen posed with a guest lecture Dr Nonye Onyewuenyi and the NAIP National chairman

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THE NEW PHARMACIST SERIES (2)

What coordinated care actually looks like

By Sesan Kareem

Last month, I sat across from a 31-old man in our consulting room. He has sickle cell disease. Two years ago, he was in crisis every six to eight weeks. Emergency room visits. Missed work. A wife who had begun to dread Sunday nights because she could hear his breathing change. When we met, he had not had a major crisis in seven months. He was back at his job. His wife had stopped crying on Sundays.

I want to be very clear about what changed for him. He did not get a new drug. The molecule he is on, hydroxyurea, has been around for decades. What changed was the system around the molecule.

This is what coordinated care actually means, and it is what last month's column promised to unpack. Not a buzzword. A specific operating model.

Let me put it plainly. Coordinated care is what happens when somebody owns the patient's outcome, not just the prescription. In our model, when a patient enters one of our chronic programmes, a clinical pharmacist is assigned to them. That pharmacist is responsible for adherence, education, dose adjustments in consultation with the physician, refill timing, side-effect management, lab follow-up, and crisis escalation. Everything that happens between the prescription pad and the patient's bloodstream becomes somebody's job. In the old model, that space was a void. Patients fell into it. Many never climbed out.



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

Three programmes have taught me how this works in practice.

In our sickle cell programme, the bottleneck was never the medicine. It was hydroxyurea titration, hydration discipline, infection vigilance, and the psychology of a young person told they must take a tablet every day for the rest of their life. We built a model around weekly check-ins for the first month, then biweekly, then monthly. A WhatsApp line that gets answered. Lab reminders. A clinical pharmacist who knows the patient by name and by trigger. Crisis frequency among our SCD patients has dropped by more than half. Hospital admissions have dropped further.

In our hepatitis C programme, the challenge was different. The disease is curable. The drugs are expensive but available. The real barrier is the twelve-week regimen and the fact that most patients feel fine three weeks in and stop taking the medicine. Coordinated care means we know on day eighty when a patient has fallen off. We know because we are counting. Cure rates in our programme run at over 90 per cent, comparable to American specialty pharmacy outcomes, in a Lagos clinic.

In our oncology programme, coordination is everything. Patients are managing four to seven concomitant medications. They are missing appointments because of fatigue. They are skipping doses because the side effects scare them. Without a coordinator, they fall apart. With one, they finish protocols.

Across all 5,100 patients in our care, adherence has improved by 42 per cent and satisfaction sits at 92 per cent. These two numbers tell the whole story. When somebody owns the outcome, outcomes change.

Now, this is the part I want every pharmacist reading this to sit with. None of what I have described requires HubPharm. None of it requires venture capital, a fancy app, or an AI companion (though those help). What it requires is a decision: that you, the pharmacist, will own the patient's outcome past the counter. That the relationship begins, not ends, at dispensing.

A community pharmacist in Surulere can do this. A hospital pharmacist in UCH can do this. A locum in Kano can do this. The tools are simple. A patient register. A follow-up cadence. A WhatsApp line. A relationship with the prescribing physician. A discipline of asking, every time, "Has this medicine worked the way it was supposed to?"

What changes is not the qualification. What changes is the posture.

This is also where the economics start to make sense again. Patients who feel cared for refill at your pharmacy. Their family members come to you. HMOs pay more for documented adherence outcomes. Donors fund programmes that measure impact, not transactions. The coordinated care pharmacist is not poorer than the dispensing pharmacist, she is paid for a different kind of work. Better work. Work that matches what we trained for.

Next month, in the final part of this series, I will give you the practical playbook for moving any pharmacy, any practice, any career from dispensing to coordination. We will talk about structures, technologies, partnerships and revenue models. We will be specific.

For now, hold this in your mind: the patient does not need another bottle. The patient needs somebody to call her on Tuesday to ask if she took the dose on Monday. Be that somebody.

Sesan Kareem is the founder and president of HubPharm Africa, a speciality pharmacy and coordinated care platform based in Lagos. He writes on health access, health systems, and the business of chronic care.



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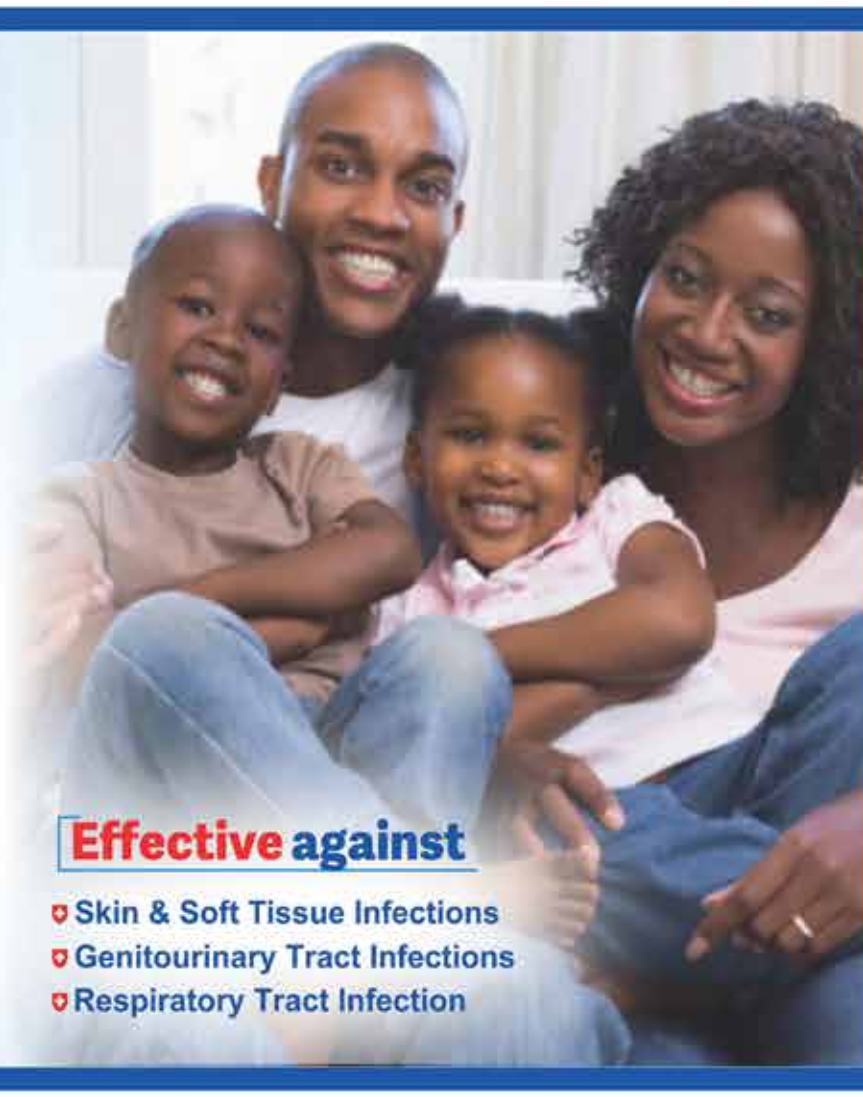


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Why we're honouring Sir Atueyi with memorial lecture – Dozie Atueyi

By Patrick Iwelunmor

Ahead of the inaugural Sir Ifeanyi Atueyi Memorial Lecture, Mr Dozie Atueyi, executive director of Pharmanews Limited, speaks on the life, legacy and enduring impact of his father, the late Sir Ifeanyi Atueyi. In this exclusive interview, he shares the inspiration behind the memorial lecture, the values that defined Sir Atueyi's life, and the vision for preserving and advancing a legacy that has shaped healthcare journalism and pharmacy practice in Nigeria and beyond. He also offers insights into the future of ***Pharmanews*** *and the lessons the next generation can draw from a man whose commitment to integrity, service and knowledge-driven progress continues to inspire many. Excerpts:*

As the first anniversary of your father's passing approaches, what emotions and reflections come to mind as you prepare to host his inaugural memorial lecture?

This season is a very emotional moment for me, our family, and the entire Pharmanews community. It was just over a year ago that he fell ill, leading to sequence of events that changed our lives forever. My father was not only the founder of ***Pharmanews***; he was our boss, mentor and a strong influence in our lives. His absence is felt every day.

At the same time, there is a sense of gratitude. We are grateful for a life well lived, for the countless lives he impacted, and for the legacy he left behind. As we prepare for this inaugural memorial lecture, I find myself reflecting not only on what he accomplished but on who he was: a man who believed deeply in service, excellence and the transformative power of information.

This memorial lecture is therefore both a remembrance and a celebration. It is an opportunity to honour his contributions, while inspiring others to continue the work of building a stronger healthcare system and a more informed society.

Your father devoted nearly five decades to building *Pharmanews* into a respected voice in healthcare and Pharmacy. What do you consider his most enduring contribution to the profession?

I believe his most enduring contribution was creating a platform that consistently gave healthcare professionals a voice and connected stakeholders across the healthcare ecosystem.

At a time when healthcare journalism was not widely appreciated or prioritised, he understood that quality healthcare depended not only on medicines and hospitals but also on communication, advocacy and informed public discourse. Through ***Pharmanews***, he elevated conversations around pharmacy practice, health policy, pharmaceutical manufacturing, regulation and patient care.

Beyond publishing news, he helped shape a culture of professional engagement and accountability. He created a trusted platform where ideas could be exchanged and where critical issues affecting healthcare could be discussed openly and constructively. That contribution continues to influence the profession today.

Why did the family and Pharmanews decide that a memorial lecture would be the most fitting way to honour his memory and legacy?

My father was, above all, a man of ideas. He believed in dialogue, learning and continuous improvement. He spent much of his life creating platforms for conversations that could advance healthcare and society.

For that reason, we felt that a memorial lecture would be far more meaningful than a purely ceremonial event. It allows us to continue the conversations that mattered to him. It creates a forum where leaders, professionals, policymakers, academics and students can come together to address important issues affecting healthcare and the society at large.

In many ways, the memorial lecture reflects the essence of who he was: a bridge builder, a communicator, and a lifelong advocate for knowledge-driven progress.

Can you share the vision behind this maiden memorial lecture and what participants should expect from the event?

The vision is to establish a respected intellectual platform that contributes meaningfully to the advancement of healthcare, communication and leadership, nationally and globally.

Participants should expect thoughtful discussions, practical insights, and forward-looking perspectives from distinguished speakers and industry leaders. We want the event to challenge assumptions, stimulate new thinking, and encourage collaboration among stakeholders.

Most importantly, we want participants to leave inspired; not only by the memory of Sir Ifeanyi Atueyi but also by a renewed commitment to making a positive difference within their respective spheres of influence.

Many tributes have described Sir Ifeanyi Atueyi as a man of integrity, purpose, and service. Which of his personal values do you believe are most needed in Nigeria's healthcare sector today?

If I had to identify one value, it would be integrity. My father believed that credibility was one's most valuable asset. He understood that trust is the foundation upon which healthcare systems, institutions and professional relationships are built.

Alongside integrity, I would highlight courage and service. He was never afraid to ask difficult questions, challenge prevailing assumptions, or advocate for what he believed was right. At the same time, he viewed leadership as service rather than privilege.

In today's healthcare environment, where we face complex challenges ranging from access and affordability to workforce retention and public trust, these values remain as relevant as ever.



Mr Dozie Atueyi

As someone who has assumed leadership at Pharmanews, how has your father's legacy influenced your approach to steering the organisation into its next chapter?

One of the greatest lessons I learned from my father is that institutions must evolve without losing their core purpose. While the media landscape is changing rapidly, the mission of ***Pharmanews*** remains the same: to inform, educate, connect, and advocate for a better healthcare system.

His legacy inspires me to preserve the values that made ***Pharmanews*** trusted while embracing innovation and new opportunities. We are expanding our reach, strengthening our digital presence, exploring new partnerships, and engaging younger audiences, but always with the same commitment to quality, professionalism, and credibility.

I often ask myself a simple question: "Would this decision strengthen the trust that people have placed in ***Pharmanews***?" That mindset continues to guide my leadership.

What lessons from your father's life and career would you like young pharmacists, healthcare professionals, and media practitioners to take away from this memorial lecture?

The first lesson is that impact takes time. My father's achievements were not built overnight. They were the result of decades of consistency, discipline and perseverance.

The second lesson is that purpose matters. He was driven by a vision larger than personal success. He wanted to contribute to the advancement of healthcare and to create something that would outlive him. I have never met anyone that was more convinced of his purpose in life than my father.

The third lesson is that relationships matter. Throughout his life, he invested in people, built networks, mentored younger professionals, and treated others with respect. Many of the tributes we received after his passing reflected not only what he accomplished but how he made people feel.

I hope young professionals will understand that true success is measured not merely by titles or achievements but by the positive impact we have on others.

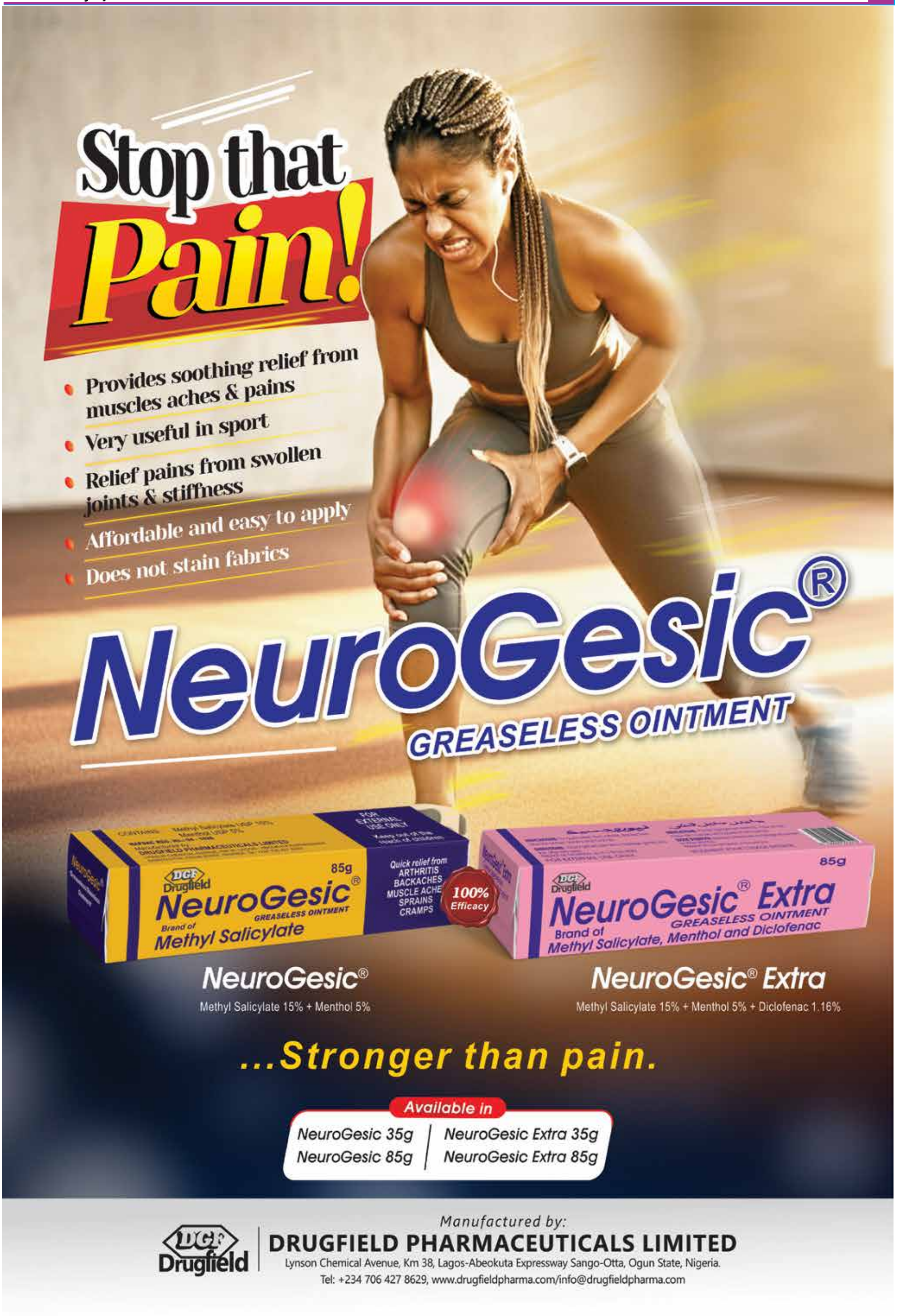
Looking beyond this year's event, how do you hope the Sir Ifeanyi Atueyi Memorial Lecture will evolve in the coming years, and what impact do you want it to have on the pharmacy profession and healthcare communication in Africa?

Our aspiration is for the Sir Ifeanyi Atueyi Memorial Lecture to become one of Africa's leading platforms for thought leadership in pharmacy, healthcare policy, communication and service.

We hope it will attract respected voices from across Africa and beyond, generate meaningful ideas, influence policy discussions, and inspire future generations of leaders and communicators.

Most importantly, we want it to embody the values that defined Sir Ifeanyi Atueyi's life: integrity, excellence, service, innovation and a commitment to the public good.

If, in the years ahead, this lecture helps shape better healthcare outcomes, strengthens professional collaboration, and inspires young people to pursue lives of purpose and impact, then we would have honoured his memory in the most meaningful way possible.


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Substance abuse and students' mental health

By Pharm. (Dr) Lolu Ojo, BPharm, MBA, PharmD, FPCPharm, FPSN, FNAPharm



Nigeria is standing at a dangerous crossroads. Across many tertiary institutions today, an invisible crisis is quietly spreading through lecture halls, hostels, student gatherings, and social spaces. What begins as experimentation, curiosity, stress relief, or social acceptance is increasingly evolving into dependency, addiction, mental instability, academic collapse, and, in some tragic cases, loss of life.

Drug and substance abuse among young people is no longer an isolated behavioural problem. It has become a public health emergency, a mental health challenge, a social instability factor, and ultimately, a national development concern. The future of every nation lies in the quality, stability, productivity, and mental soundness of its youth population. If the minds of young people are under chemical assault, then the future of the nation itself is under threat.

This is why the growing prevalence of drug and substance abuse in Nigerian tertiary institutions deserves urgent national attention.

Driving factors

One of the greatest misconceptions about addiction is the assumption that it affects only irresponsible or morally weak individuals. In reality, addiction often begins quietly and progressively. Many students do not begin substance use with the intention of becoming dependent. The process frequently starts with curiosity, emotional distress, peer influence, academic pressure, loneliness, anxiety, depression, low self-esteem, or the desire to belong socially.

For many young people, tertiary education represents their first prolonged exposure to independence away from parental supervision. Without adequate emotional support systems, some students become vulnerable to experimentation with psychoactive substances. According to the World Health Organisation (WHO), substance abuse among young people is strongly associated with stress, trauma, mental health disorders, and social pressure.

The disturbing reality is that experimentation rarely remains temporary. The brain gradually adapts to repeated exposure to psychoactive substances. What initially produces pleasure or relief eventually alters brain chemistry and behavior. The National Institute on Drug Abuse explains that addiction affects the brain's reward system by overstimulating dopamine pathways responsible for motivation, pleasure, and reinforcement. Over time, users often require larger quantities to achieve the same effect, leading to tolerance, dependence, and compulsive use.

Thus, addiction is not merely a failure of discipline or moral character. It is increasingly understood as a neurobiological, psychological, and social condition requiring prevention, early intervention, and compassionate response.

Dimensions of rot

Drug abuse patterns within Nigerian tertiary institutions have evolved significantly over the past decade. The traditional assumption that only "hard drugs" constitute substance abuse is no longer sufficient. Campuses are now increasingly exposed to cannabis, tramadol, codeine mixtures, methamphetamine, synthetic cannabis products, sedatives, stimulants, and dangerous combinations of alcohol with prescription medications. In some environments, substance use has become socially normalised and even glamorized.

Social media has further complicated the situation by projecting intoxication as fashionable, liberating, entertaining, or socially desirable. Young people are continuously exposed to digital content that trivialises risky behaviours and minimises long-term consequences. Unfortunately, many students underestimate the dangers involved.

Studies conducted in Nigerian universities have linked substance abuse to poor academic performance, cultism, violence, risky sexual behavior, mental illness, depression, criminal activity, and school dropout. The consequences extend beyond the individual to families, institutions, communities, and national productivity.

The mental health angle

An important dimension often ignored in discussions about drug abuse is mental health. Many young people use substances not primarily for pleasure, but as a coping mechanism for emotional pain. Some students are battling unresolved childhood trauma, financial hardship, family instability, emotional neglect, fear of failure, relationship crises, unemployment anxiety, or chronic loneliness. Without proper counseling structures and emotional support systems, substance use becomes an unhealthy escape route.

The Lancet Commission on Global Mental Health has repeatedly emphasised the close relationship between mental health disorders and substance abuse among young populations. This means that anti-drug campaigns that focus only on punishment or morality without addressing emotional and psychological realities are unlikely to succeed. Young people must feel understood before they can be effectively guided.

Several structural realities also make Nigerian tertiary institutions particularly vulnerable to substance abuse escalation. Overcrowded hostels, inadequate counseling systems, cult-related pressures, unemployment fears, economic uncertainty, weak recreational alternatives, and poor mental health awareness all contribute to the problem. Additionally, the culture of silence surrounding emotional struggles often prevents students from seeking help early. Many fear stigmatisation, ridicule, disciplinary consequences, or social rejection. As a result, substance abuse continues underground until severe complications emerge.

The danger of addiction is not limited to physical health deterioration alone. The true cost includes destroyed academic potential, emotional instability, broken relationships, violent behavior, criminal involvement, loss of self-worth, and damaged futures. The greatest tragedy of addiction is not merely death. It is the gradual destruction of destiny. It is the slow collapse of ambition, talent, and purpose.

Curbing the crisis

Nigeria cannot afford to lose a generation of intelligent, energetic, and potentially productive young people to preventable addiction crises. The response to campus drug abuse must therefore move beyond slogans, ceremonial campaigns, and fear-based messaging. What is required is a comprehensive national youth protection strategy involving universities, professional bodies, government agencies, parents, religious organisations, mental health professionals, student unions, and civil society groups.

Universities must strengthen counselling and psychological support systems. Mental health services should not exist merely on paper. Institutions must provide accessible, confidential, and youth-friendly counseling structures capable of identifying vulnerable students early and providing timely intervention. Peer mentorship and resilience-building programmes should also be institutionalised because young people are often more influenced by peers than authority figures.

At the national level, anti-drug campaigns should avoid stigmatisation and moral condemnation. Addiction should not be approached solely from a punitive perspective. Prevention, early intervention, rehabilitation, and reintegration are equally important. A student struggling with substance dependence should not automatically be viewed as a criminal or social outcast. In many cases, such individuals are victims of emotional distress, social vulnerability, and poor coping mechanisms.

> **"Nigeria cannot afford to lose a generation of intelligent, energetic, and potentially productive young people to preventable addiction crises. The response to campus drug abuse must therefore move beyond slogans, ceremonial campaigns, and fear-based messaging. What is required is a comprehensive national youth protection strategy involving universities, professional bodies, government agencies, parents, religious organisations, mental health professionals, student unions, and civil society groups."**

Roles of healthcare professionals and parents

Healthcare professionals, especially pharmacists, also have strategic responsibilities in confronting this growing crisis. As medication experts and among the most accessible healthcare professionals, pharmacists are uniquely positioned to lead public education, controlled substance monitoring, counseling, advocacy, and preventive interventions. The Pharmaceutical Society of Nigeria (PSN) and her affiliate bodies can play a transformative role in shaping national conversations around responsible medication use, youth mentorship, and drug abuse prevention.

Parents must also become more emotionally present in the lives of their children. Many young people suffer silently while appearing outwardly stable. Families must create environments where emotional struggles can be discussed openly without fear, ridicule, or dismissal. Society must learn to listen more carefully to its young people.

The future of Nigeria currently sits in classrooms, laboratories, lecture theatres, libraries, and hostels across the nation. Every student rescued from addiction is not merely an individual saved; it is a future preserved. Every young person redirected from substance abuse represents a stronger family, a healthier society, a safer campus, and a more productive nation.

Drug abuse prevention is therefore not merely a health intervention. It is an investment in national development. As a society, we must create environments where young people can dream, struggle, fail, recover, seek help, and grow without turning to destructive substances for escape. We must raise a generation that understands that temporary chemical relief can never replace purpose, resilience, emotional intelligence, and hope.

Nigeria's young people deserve more than addiction. They deserve opportunity, mentorship, mental health support, purpose, and hope. Above all, they deserve a future.

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Pharmanews clinches historic eighth NHEA award, as organisers honour Sir Atueyi

By Adebayo Oladejo



R-L: Dr Femi Olugbile, former chief medical director of Lagos State University Teaching Hospital (LASUTH), presenting the award plaque to Mr Patrick Iwelunmor, editor, Pharmanews and Mr Bayo Oladejo, senior reporter, Pharmanews, at the NHEA 2026, held at Eko Hotel and Suites, VI, Lagos.

Pharmanews has once again reinforced its status as Nigeria's leading specialised healthcare publication after emerging winner of the 2026 Nigerian Healthcare Excellence Award (NHEA) for Best Health Journal, securing an unprecedented eighth title at one of the country's most prestigious healthcare award platforms.

The publication triumphed over leading national newspapers, including THISDAY, BusinessDay and The Punch, in a keenly contested category, further affirming its leadership in healthcare journalism and its enduring influence on pharmaceutical and public health reporting.

The latest victory, however, was far more than another trophy. It became an emotional celebration of the life and legacy of the late founder of ***Pharmanews***, Pharm. (Sir) Ifeanyi Atueyi, whose immense contributions to pharmaceutical journalism received glowing tributes from the organisers during the ceremony.

Held on 26 June, at the Eko Hotel and Suites, Victoria Island, Lagos, the 12th edition of the NHEA was themed, "Innovation, Local Manufacturing and Digital Transformation in Healthcare," bringing together policymakers, healthcare leaders, pharmaceutical executives, medical professionals and development partners to celebrate excellence across Nigeria's healthcare sector.

The excitement surrounding the award was heightened by a moving tribute delivered by the organisers in honour of Sir Atueyi, whom they described as the Father of Pharmaceutical Journalism in Nigeria and one of the foundational figures behind the growth and credibility of the Nigerian Healthcare Excellence Award.

In its official citation, the NHEA described the late publisher as a visionary institution builder whose contributions extended far beyond journalism into mentorship, advocacy and strengthening professional recognition, noting that through ***Pharmanews*** he helped shape the narrative of pharmaceutical practice and healthcare communication across Nigeria and Africa.

The organisers noted that Sir Atueyi was a passionate advocate for recognising excellence, consistently nominating deserving healthcare professionals and institutions while actively supporting the awards. His indefatigable commitment earned him the NHEA Lifetime Achievement Award in 2015 in recognition of his outstanding contributions to

continued on page 66

Shalina unveils franchise model to bridge Nigeria's diagnostics gap

- Targets 500 points of care in three years

By Ranmilowo Ojalumo

Shalina Healthcare has launched an ambitious franchise expansion drive aimed at addressing the huge gap in diagnostic testing services in Nigeria, with plans to establish 500 points of care across the country over the next three years through a hub-and-spoke model designed to make quality healthcare more affordable and accessible.

The initiative was unveiled during the company's maiden two-day Franchise Partners Meet held in Abuja, where pharmacists, doctors, clinic operators, investors and other healthcare stakeholders gathered to discuss opportunities in diagnostic services.

The company said millions of Nigerians continue to suffer due to inadequate access to timely and quality diagnostics, a challenge it intends to tackle through technology-backed and standardised laboratory services.

Speaking at the summit, the Chief Executive Officer of Shalina Diagnostics, Mr Nalin Singla, identified inadequate laboratory infrastructure, the high cost of premium diagnostic services and lack of trust in existing facilities as major barriers to quality healthcare delivery in the country.

According to him, the company is leveraging a hub-and-spoke model anchored on quality, affordability and availability. Under the arrangement, franchise partners will operate patient-facing collection centres and laboratories, while samples will be processed at Shalina's central reference laboratories equipped with advanced diagnostic technologies. He added that results would be delivered electronically within agreed turnaround times.



L-R: Mr Gaurav Bahl, chief operating officer, Shalina Diagnostics; Mrs Opeyemi Akinyele, MD Shalina Healthcare Nigeria; Mr Jayant Rajani, head, Procurement & Projects, Shalina Diagnostics; Mr Abbas Virji, Group MD, Shalina Healthcare; Mr Nalin Singla, CEO, Shalina Diagnostics; and Mr Manoj Walia, NSM, Shalina Diagnostics, during the day 2 of Shalina Diagnostics Franchisee meeting in Abuja.

Explaining the business model, Singla said: "You bring the location. We bring the lab. That is the entire model."

Managing Director of Shalina Healthcare, Mr Abbas Virji, said the diagnostics business was conceived in the aftermath of the COVID-19 pandemic, which exposed the country's huge testing deficit. Virji stated that more than one million Nigerians die annually because they lack access to timely and quality diagnostic services.

He said: "More than one million Nigerians die every year due to lack of quality and timely testing. This is a problem the market cannot ignore," adding that economies of scale and collaboration among healthcare providers would enable the company to sustain affordable diagnostic services.

According to him, "By having more collection points and more scale, we can achieve lower prices for testing. The power of the community coming together, having one system; that is how we solve this."

Shalina also used the summit to present the commercial opportunities available to prospective franchise partners. The company disclosed that a collection centre could recoup its investment within three months, while a full-service satellite laboratory could achieve payback within six months, with further expansion opportunities as the network grows.

The company said its diagnostics division is backed by the pedigree and experience of Shalina Healthcare, which has been manufacturing and distributing pharmaceutical products across Africa for more than four decades.

Operating in 18 countries with 108 distribution depots, the group has maintained a presence in Nigeria for 27 years, reaching about 40 per cent of Nigerians through a network of 17,000 healthcare professionals. It also runs a one-billion-tablet manufacturing facility in Lagos and has more than 150 products registered by the National Agency for Food and Drug Administration and Control (NAFDAC). The diagnostics arm, which is three years old, currently operates more than 30 locations across four countries.

The Managing Director of Shalina Healthcare Nigeria, Ms Opeyemi Akinyele, described the diagnostics expansion as a natural extension of the company's mission in Nigeria since 1999.

She said: "We are anchored on three pillars, namely quality, affordability and availability, and we are committed to delivering better health outcomes for every Nigerian."

The company noted that some of its household pharmaceutical brands in Nigeria include Shal'Artem, Ibucap, Germol and Epiderm. It added that over the years it has earned the confidence of the Pharmacy Council of Nigeria and the Nigerian Medical Association, while its manufacturing facility has received commendation from NAFDAC and the House Committee on AIDS, Tuberculosis and Malaria (ATM). According to the company, such institutional credibility provides a competitive advantage that emerging franchise competitors may find difficult to replicate.

Also speaking at the summit, Associate Professor of Surgery and Consultant Surgeon at the University of Abuja Teaching Hospital, Dr S.A. Sani, stressed the critical role of diagnostics in modern medicine, noting that quality healthcare cannot be achieved without reliable testing.

According to him, "Diagnostics influence approximately 70 per cent of all healthcare decisions. They guide prevention, screening, treatment and monitoring. Without them, clinicians are flying blind."

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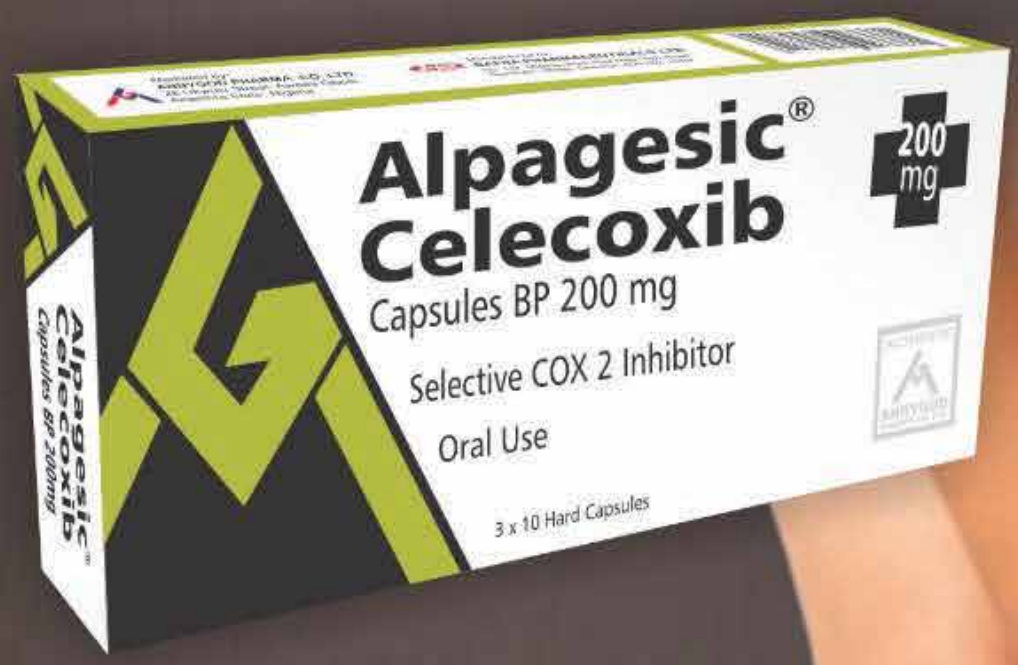


*Ajuwon et al. BMC Infectious Diseases (2021) 21:1120

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Olubadan, Akintayo, others call for policy reforms to boost local drug production

- As Oyo PSN unveils first five-storey secretariat building

By Adebayo Oladejo



The Olubadan of Ibadanland, Oba (Sen.) Rashidi Adewolu Ladoja (middle), flanked by Pharm. Babatunde Olayiwola, chairman of the Commissioning Committee; Pharm. Ayuba Tanko Ibrahim, president of the Pharmaceutical Society of Nigeria (PSN); and Pharm. (Chief) Adebowale Omotosho, Group Chairman of Bond Chemical Industries Limited, during the unveiling and commissioning of the PSN House in Ibadan.



Pharm. (Chief) Adebowale Omotosho, group chairman, Bond Chemical and Industries Limited, (middle), flanked by other dignitaries and friends at the unveiling and commissioning of the Asiwaju Adebowale Omotosho Pharmacy House in Ibadan

The Olubadan of Ibadanland, Oba Rashidi Adewolu Ladoja; former President of the Pharmaceutical Society of Nigeria (PSN), Pharm. Olumide Akintayo; together with other pharmacy stakeholders, have called for deliberate policy reforms to strengthen local drug manufacturing and enhance medicine security in Nigeria.

The call was made during the commissioning of the Asiwaju Adebowale Omotosho Pharmacy House, a five-storey building unveiled by the Pharmaceutical Society of Nigeria (PSN), Oyo State Branch, in Ibadan.

Speaking at the event, the Olubadan urged pharmacists to explore collaboration with traditional medicine practitioners, noting that many indigenous remedies possess medicinal properties that could be harnessed through scientific research and standardisation.

"If you know that everything you have here is not enough, please have an open mind to embrace traditional medicine. There are useful elements that can be extracted and developed for the benefit of society," the monarch said.

He stressed the need to properly document and protect indigenous medicinal knowledge, adding that collaboration between pharmacists and traditional medicine practitioners could lead to innovations in healthcare delivery.

Chairman of PSN Oyo State, Pharm. (Col.) Victor Segun Ajanaku (Rtd), described local pharmaceutical manufacturing as critical to national healthcare development but lamented that the operating environment remained difficult for manufacturers and importers.

According to him, government policies often fail at the implementation stage, while access to foreign exchange and other incentives remains a major challenge.

"Government may announce waivers and incentives, but implementation remains the issue. Many pharmaceutical operators are struggling because they cannot access foreign exchange and other critical support required for business survival," he said.

Ajanaku noted that the society was willing to collaborate with researchers and relevant institutions to explore the potential of indigenous medicinal products through scientific investigation and validation.

Also speaking, former President of PSN, Pharm. Olumide Akintayo, said Nigeria would continue to face challenges in medicine access and affordability unless deliberate efforts were made to support local pharmaceutical production.

He identified poor infrastructure, inadequate industrial policies, high energy costs, expensive financing, and dependence on imported raw materials as some of the major obstacles confronting the sector.

"You cannot manufacture with diesel and remain competitive globally. Government must create the enabling environment through infrastructure, affordable financing, and policies that support local manufacturers," he said.

Akintayo explained that countries such as India and China had become major pharmaceutical hubs because of sustained government support, adding that Nigeria must adopt similar strategies if it hopes to achieve medicine security.

The donor and namesake of the building, Pharm. (Asiwaju) Adebowale Omotosho, also emphasised the need for policies that encourage pharmaceutical manufacturing.

Drawing from his experience as an industrial pharmacist, Omotosho said manufacturing requires patience, long-term investment, and a supportive business environment.

"People want quick returns, but manufacturing does not work that way. Before products gain market acceptance takes time, and without the right policies, many investors will be discouraged," he said.

Omotosho, who founded Bond Chemical Industries Limited after years in community pharmacy and pharmaceutical distribution, noted that his support for the project was his way of giving back to a profession that had contributed immensely to his success.

"Whatever I have achieved financially came from pharmacy. Supporting the profession is a responsibility I gladly embrace," he added.

The commissioning of the five-storey Pharmacy House also drew commendations from stakeholders who described the project as a symbol of progress and institutional development within the profession.

The event attracted pharmacists, traditional rulers, industry stakeholders, eminent Nigerians, PSN stakeholders from Lagos, Osun, Kwara and across the country.

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Scenes from the Reals Pharma 30th Anniversary celebration and the launch of Dr. Fizzo, highlighting key moments, guest participation, product unveiling, and the company's continued commitment to innovation and excellence in healthcare delivery.

Below are moments captured at the event



The Group Managing Director, Pharm Adesanmi Popoola giving his welcome address



Pharm. Ade Popoola and PSN National President, Pharm. Ayuba Tanko Ibrahim



R-L: Dcns. Folu Popoola (Wife of Reals GMD), the GMD, Dr Akin Ogunbiyi(Chairman Board of Directors, Reals Pharm); Prince Julius Adelusi-Adeluyi, Juli Pharmacy; H.R.H Oba Sir, Michael Oluwole Ademolaju, the Oloye of Oye.



Guest on the high table



R-L: Mrs Adesuyi(The wife of Akogun), Dcns. Folu Popoola (Wife of Reals GMD), the GMD, Dr Akin Ogunbiyi (Chairman Board of Directors, Reals Pharm), Prince Julius Adelusi-Adeluyi, Juli Pharmacy, H.R.H Oba, Sir, Michael Oluwole Ademolaju, the Oloye of Oye.



R-L: Miss Sanmi Popoola (Daughter of Reals GMD), Dcns. Folu Popoola (Wife of Reals GMD), the GMD,



R-L: Mr Krutin Chaturvedi, MD of Halewood, Prof. Lere Baale of Netherland Business School and Pharm Ayuba Tanko Ibrahim PSN National President.



R-L:: G.O.New Testament Assembly (Pst Bamigbayan), H.R.H Oba Sir, Michael Oluwole Ademolaju, the Oloye of Oye. Akogun, Akogun's wife, Key Note speaker; Dr. Taiwo Alege, General Physician LASUTH



Managers and Distributors from East with the GMD launching Dr. Fizzo



Managers, Rep, and Distributors from the North with the GMD



Small scale business empowerment beneficiary receiving her cheque from the GMD of Reals Pharma



Small scale business empowerment beneficiaries with Pharm Adesanmi Popoola, GMD, Reals Pharma



L-R: Mr. Lekan Alabi, Director of Finance Reals Pharma; Mr Rajesh Kumar Yadav, Head, International Business Halewood; Pharm Ade Popoola, Group Managing Director, Reals Pharma; Mr Krutin Chaturvedi, Managing Director, Halewood; Pharm Kunle Adesoye, Sales and Marketing Director, Reals Pharma, and Mr Ronak Mhatre, Halewood Regional Head - West Africa; at the event



Small scale business empowerment beneficiary receiving her cheque from the GMD of Reals Pharma



Members of the High table with Reals Long Service Awardees

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Scenes from the Reals Pharma 30th Anniversary celebration and the launch of Dr. Fizzo, highlighting key moments, guest participation, product unveiling, and the company's continued commitment to innovation and excellence in healthcare delivery.

Below are moments captured at the event



Prince Julius Adelusi-Adeluyi, the chairman of the occasion addressing the gathering.



Pastor Samson Bamigbayan, the General Overseer of New Testament Assembly presenting Long Service Award for 30 years service to Pharm Kunle Adesoye



Pastor Samson Bamigbayan, the G.O. of New Testament Assembly presenting Special Recognision Award to Akogun Lanre Adesuyi.



Pastor Samson Bamigbayan, the G.O. of New Testament Assembly presenting Long Service Award for 26 years service to Adenike Haastrup



Madam Adesuyi presenting long service award of 16 years service to Segun Yinusa



Akogun Lanre Adesuyi presenting Long Service Award of 26 years to Glory Obakpolor.



H.R.H Oba Sir, Michael Oluwole Ademolaju, the Oloye of Oye presenting a Long Service Award for 23 years to Lucky Nwajei



H.R.H Oba Sir, Michael Oluwole Ademolaju, the Oloye of Oye presenting a Long Service Award for 21 years to Funke Tolufase



Dr. Peter Nmadu, a distiunguish member of Reals Board of Directors presenting a Long Service Award for 11 years to Emerald Basil-Madu



L-R: Dr. Taiwo Alege; Prof. Lere Baale, Business School Netherland; Akogun Lanre Adesuyi, H.R.H. the Oloye of Oye; Prince Julius Adelusi-Adeluyi,Dr Akin Ogunbiyi, Pharm Ade Popoola, GMD Reals PharmaDcns Fola Popoola; Mrs Adesuyi, Alh.Ayuba Tanko Ibrahim and Mr Krutin Chaturvedi



Dcns. Folu Popoola (Wife of Reals GMD) presenting a Long Service Award of 18 years to Omoponmile Adebobuyi supported by her uncle



Barr. Ise'Oluwa Johnson presenting a Long Service Award of 23 years to Sola Agboola



The wife of The General overseer, New Testament Assembly, Mrs Bamigbayan presenting a Long Service Award for 14 years to Prosper Emebu



Small scale business empowerment beneficiaries with the GMD of Reals



Otunba Ademola Popoola with Members of the High table and Reals Long Service Awardees

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Sir Atueyi became an institution, his legacy still inspires pharmacists —Lolu Ojo

By Ranmilowo Ojalumo

The Managing Director of Merit Healthcare Limited, Pharm. (Dr) Lolu Ojo, has paid glowing tribute to the late founder of Pharmanews Limited, Sir Ifeanyi Atueyi, describing him as an institution whose influence continues to shape the pharmacy profession and healthcare industry one year after his passing.

Speaking with ***Pharmanews*** on the first anniversary of the death of the renowned publisher, Ojo said although Sir Atueyi's physical absence remains painful, his impact continues to be felt through the countless lives he touched, the institutions he built and the enduring values he embodied.

"It is difficult to believe that it has been one year already. In many ways, it still feels as though Sir Ifeanyi is with us. His physical absence remains a painful reality, but his presence continues to be felt through the countless lives he touched, the institutions he built and the values he embodied," Ojo said.

According to the Merit Healthcare boss, the late pharmacy icon was much more than a pharmacist, publisher or entrepreneur. He described him as a mentor, bridge-builder, courageous voice and father figure whose contributions transcended the profession.

"Time has helped us move from the shock of his passing to a deeper appreciation of the extraordinary legacy he left behind. We miss him greatly, but we are also grateful that we had the privilege of knowing him and learning from him," he stated.

He noted that one year after the demise of the ***Pharmanews*** founder, the prevailing emotions remain a mixture of loss, gratitude, pride and responsibility.



Pharm. (Dr) Lolu Ojo

"The responsibility is to ensure that the ideals he stood for do not die with him," Ojo said.

Ojo further said the vacuum created by Sir Atueyi's absence has highlighted the magnitude of his influence, particularly whenever issues concerning the pharmacy profession, healthcare communication, mentorship and professional unity arise.

He, however, pointed out that the period has also revealed the strength of the foundation laid by the late pharmacy leader.

"Through *Pharmanews*, through the many professionals he mentored, and through the culture of excellence and courage he championed, his voice continues to resonate. His life's work has become a compass for many younger pharmacists and industry leaders," Ojo said.

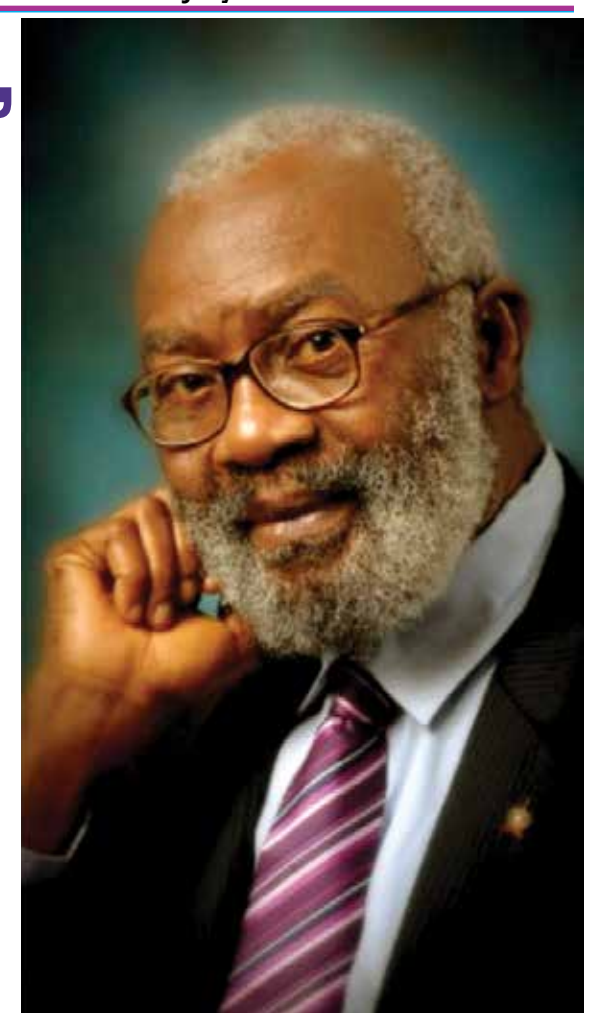
According to him, the past year has been one of remembrance, reflection and renewed commitment to preserving and advancing the legacy of a man who dedicated his life to the service of humanity and the advancement of the pharmacy profession.

The Merit Healthcare boss expressed gratitude to Sir Atueyi's family for their sacrifices and support, which enabled him to make lasting contributions to the profession and the nation.

"To his family, I say thank you. Thank you for sharing Sir Ifeanyi with the profession, the healthcare sector and the nation. The sacrifices made by the family enabled him to make the impact for which he is celebrated today. While the pain of loss never completely disappears, I hope you find comfort in knowing that his life mattered and that his legacy continues to inspire thousands of people," he said.

Ojo urged members of the pharmacy profession and the healthcare industry to immortalise the late icon by emulating the virtues he exemplified.

"I believe the greatest tribute we can pay Sir Atueyi is not merely to remember him, but to emulate him. He demonstrated that professional excellence, integrity, courage, innovation and service to humanity can coexist in one life. He showed that one individual can influence an entire profession through vision, persistence and selfless commitment," he said.



Late Sir Ifeanyi Atueyi
Pharmanews founder

Describing Sir Atueyi as one of those exceptional personalities whose relevance extends beyond their earthly existence, the Merit Healthcare MD said some people live and are remembered, while others become institutions.

"Sir Ifeanyi became an institution," he declared.

"As we mark the first anniversary of his passing, let us move beyond mourning to stewardship. Let us preserve his values, build on his achievements and ensure that future generations of pharmacists know and appreciate the giant upon whose shoulders they stand. His journey on earth may have ended, but his legacy remains very much alive. May his gentle soul continue to rest in perfect peace," Ojo stated.

Reals Pharma celebrates 30th anniversary, reaffirms commitment to excellence

- Unveils Dr Fizzo for acid-related disorders

By Ranmilowo Ojalumo



Oloye of Oye-Ekiti, HRM Oba (Sir) Michael Oluwole Ademolaju (4th left); Pharm. Ade Popoola, GMD, Reals Pharmaceutical Limited (middle front row with his wife) flanked by management and staff members cutting the 30th anniversary cake, recently.

Reals Pharmaceutical Limited has reaffirmed its commitment to excellence, innovation and the provision of affordable, quality medicines for the wellbeing of Nigerians and humanity.

The company gave the reassurance recently as it celebrated 30 years of operations and excellence in the healthcare sector, while unveiling a new product, Dr Fizzo, for the treatment of acid-related disorders.

The event, themed *"Three Decades of Excellence in Healthcare and Product Launch"*, held in Ikeja, Lagos, attracted top players in the pharmaceutical industry, healthcare professionals, traditional rulers, family members and business associates.

Speaking at the event, the Group Managing Director of the company, Pharm. Ade Popoola, attributed the company's growth and resilience to God's faithfulness and the support of stakeholders. He noted that despite periods of boom and scarcity, Reals Pharmaceutical had remained steadfast in its pursuit of excellence.

He stated that the company would continue to pursue excellence in the years ahead and provide quality medicines to enhance the wellbeing of humanity.

"No doubt, it has not been a bed of roses. We have seen lots of ups and downs in the business. We have witnessed boom and scarcity, but through all the storms, God has never abandoned us. He has always made a way for the business to keep scaling," he said.

In his remarks, the President of the Pharmaceutical Society of Nigeria (PSN), Pharm. Ayuba Tanko Ibrahim, commended Reals Pharmaceutical and its founder for their contributions to the growth of the pharmaceutical industry and the healthcare sector, urging the company to sustain its high standards.

The Chairman of Reals Pharmaceutical, Dr Akinade Ogunbiyi, described the company's journey as one of transformation from humble beginnings to becoming a major

continued on page 88

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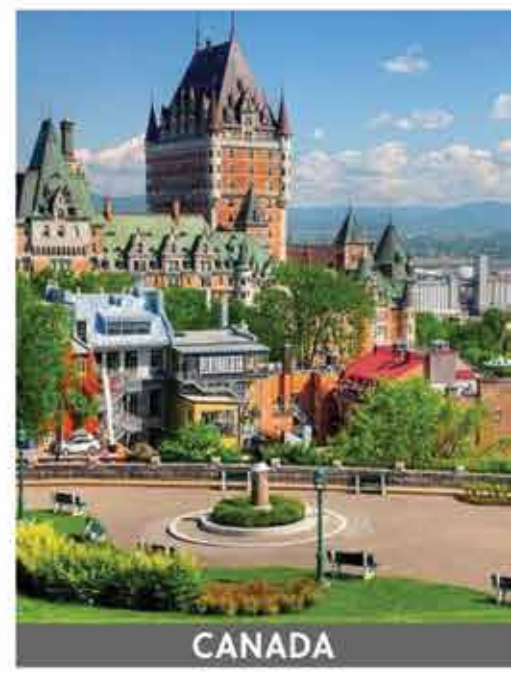
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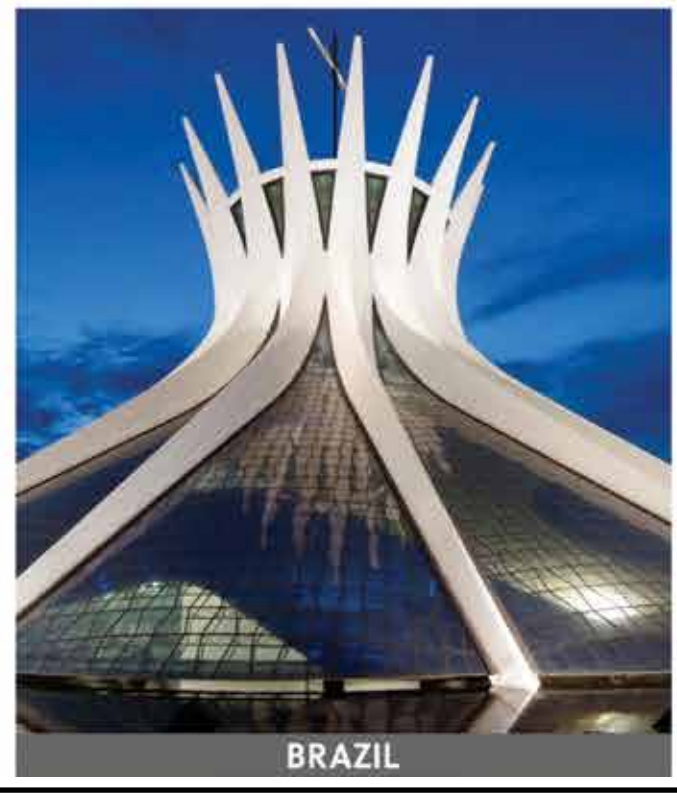
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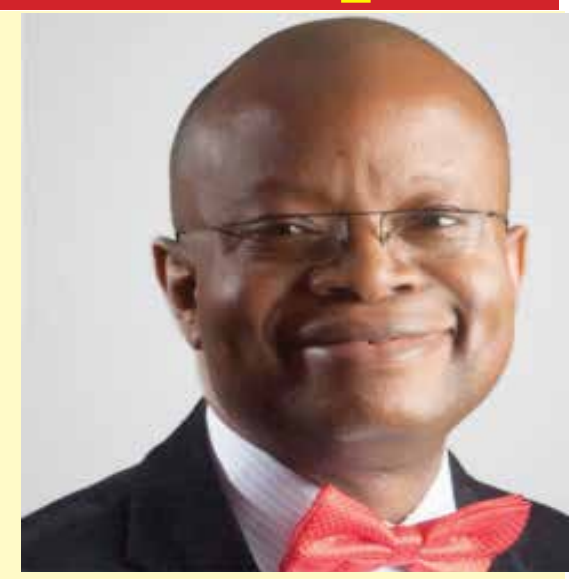
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The Inner Architecture of Leadership

The discipline of inner stillness

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



"Nowhere can a man find a quieter or more untroubled retreat than in his own soul." — *Marcus Aurelius*

"In quietness and confident trust shall be your strength." — Isaiah 30:15 (AMP)

Modern life is saturated with noise—constant information, endless opinions, and relentless urgency. Many leaders mistake activity for effectiveness and busyness for importance. Yet noise does not sharpen judgment; it dulls it. Marcus Aurelius recognised that clarity is not found by escaping the world, but by cultivating stillness within it.

Scripture affirms this wisdom by linking strength to quietness and confidence rather than agitation. When the inner life is restless, decision-making becomes reactive and shallow. When the inner life is still, discernment deepens.

Stillness as a learned discipline

Inner stillness does not come naturally in a world designed to provoke reaction. It is a discipline—practised deliberately and guarded intentionally. Stillness is not passivity; it is control over attention. Leaders who lack this discipline are easily pulled into emotional currents that distort priorities.

Scripture repeatedly calls for intentional quietness before God, not as withdrawal from responsibility, but as preparation for it.

"Be still and know that I am God." — *Psalm 46:10 (AMP)*

Stillness restores perspective. It allows leaders to distinguish between what is urgent and what is essential.

Clarity emerges in silence

Noise crowds out reflection. Silence creates space for insight. Leaders who cultivate inner stillness gain the ability to pause before responding, to listen before deciding, and to reflect before acting. This pause is not weakness; it is wisdom.

Jesus Himself modelled this rhythm, withdrawing regularly to quiet places before making critical decisions. Scripture presents stillness as a posture of trust rather than control.

The discipline of inner stillness

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Silence is a form of strength

"Silence is a lesson learned through life's many sufferings." — *Seneca*

"He who guards his mouth preserves his life." — *Proverbs 13:3 (AMP)*

In a world that rewards noise, speed, and constant opinion, silence is often mistaken for weakness. Those who speak the loudest are assumed to be the strongest; those who pause are judged as uncertain. Yet true strength is rarely noisy. It is composed, deliberate, and restrained.

Seneca recognised that silence is not the absence of thought, but the presence of control. Scripture affirms this wisdom by linking restraint of speech to preservation of life and authority. Words spoken carelessly often create damage that silence would have prevented.

Silence as emotional mastery

Silence is not suppression; it is mastery. It reflects the ability to regulate emotion rather than be ruled by it. Leaders who speak impulsively often reveal insecurity rather than conviction. Those who choose silence at the right moment demonstrate confidence and discernment.

Scripture consistently warns against hurried speech, reminding us that restraint is evidence of understanding.

"He who restrains his words has knowledge." — *Proverbs 17:27 (AMP)*

Silence creates space for listening, reflection, and wisdom.

When silence protects authority

Not every provocation deserves a response. Not every criticism requires explanation. Leaders who respond to everything dilute their authority. Silence, when chosen wisely, communicates boundaries, strength, and self-control.

Jesus Himself remained silent before His accusers—not out of fear, but out of authority. Scripture presents silence as a strategic posture, not a passive one.

Conclusion: Strength that speaks without words

Seneca taught that silence is forged through maturity. Scripture affirms that restraint preserves life, influence, and peace. Silence does not mean disengagement; it means discernment.

Those who master silence often speak with greater weight when they finally choose to say.

Reflection questions

- What noise—internal or external—is currently disrupting your clarity and peace?
- Where might silence serve you better than explanation or reaction?

Action points

- This month, deliberately create a short daily space of silence for reflection before engaging with decisions or demands.
- This month, deliberately create a short daily space of silence for reflection before engaging with decisions or demands.
- This month, deliberately choose silence in one situation where you would usually feel pressured to respond.

Pharmanews clinches historic eighth NHEA award, as organisers honour Sir Atueyi

continued from page 52

pharmaceutical practice, healthcare development and medical journalism.

According to the organisers, the history of the NHEA cannot be fully written without acknowledging Sir Atueyi's pivotal role. They described him as a mentor, visionary and consummate professional whose commitment to excellence and institution-building remains deeply embedded in the identity of the awards and lives on through the many healthcare professionals and communicators he inspired.

Presenting the award, former Chief Medical Director of Lagos State University Teaching Hospital (LASUTH) and former Permanent Secretary, Lagos State Ministry of Health, Dr Femi Olugbile, described the publication's latest victory as a fitting memorial to its late founder.

"This is an honour to the memory of Sir Ifeanyi Atueyi. Even from the grave, this recognition celebrates the legacy he built over decades. I am happy that those he left behind have refused to let the guard down and are sustaining the vision with excellence," he said.

Olugbile, who noted that he had attended virtually every edition of the NHEA since its inception, recalled that Sir Atueyi was always among the most familiar faces at the annual event.

Congratulating the publication, renowned public health pharmacist and Founder of LiveWell Initiative, Pharm. (Mrs) Bisi Bright, said emerging victorious against respected national publications reflected the quality of ***Pharmanews***' reporting, editorial credibility and the trust it continues to enjoy across the healthcare sector.

Pharm. Folorunsho Alaran, General Manager of Daily Needs Pharmaceutical Limited, also described the award as richly deserved, commending the publication for remaining a dependable platform for healthcare information, pharmaceutical advocacy and professional development.

Receiving the award on behalf of the Executive Director of Pharmanews Limited, Mr Dozie Atueyi, the Editor, Mr Patrick Iwelunmor, dedicated the recognition to the publication's readers, advertisers, partners and the wider healthcare community whose support made the achievement possible.

He said the award belonged to everyone who had continued to believe in the vision established by Sir Atueyi, pledging that ***Pharmanews*** would remain committed to accurate, balanced, impactful and solution-driven healthcare journalism.

Earlier, Chairman of the NHEA, Dr Anthony Omolola, explained that the awards were established in 2014 by Global Health Project & Resources in collaboration with the Anadach Group, USA, to recognise outstanding contributions to Nigeria's healthcare sector.

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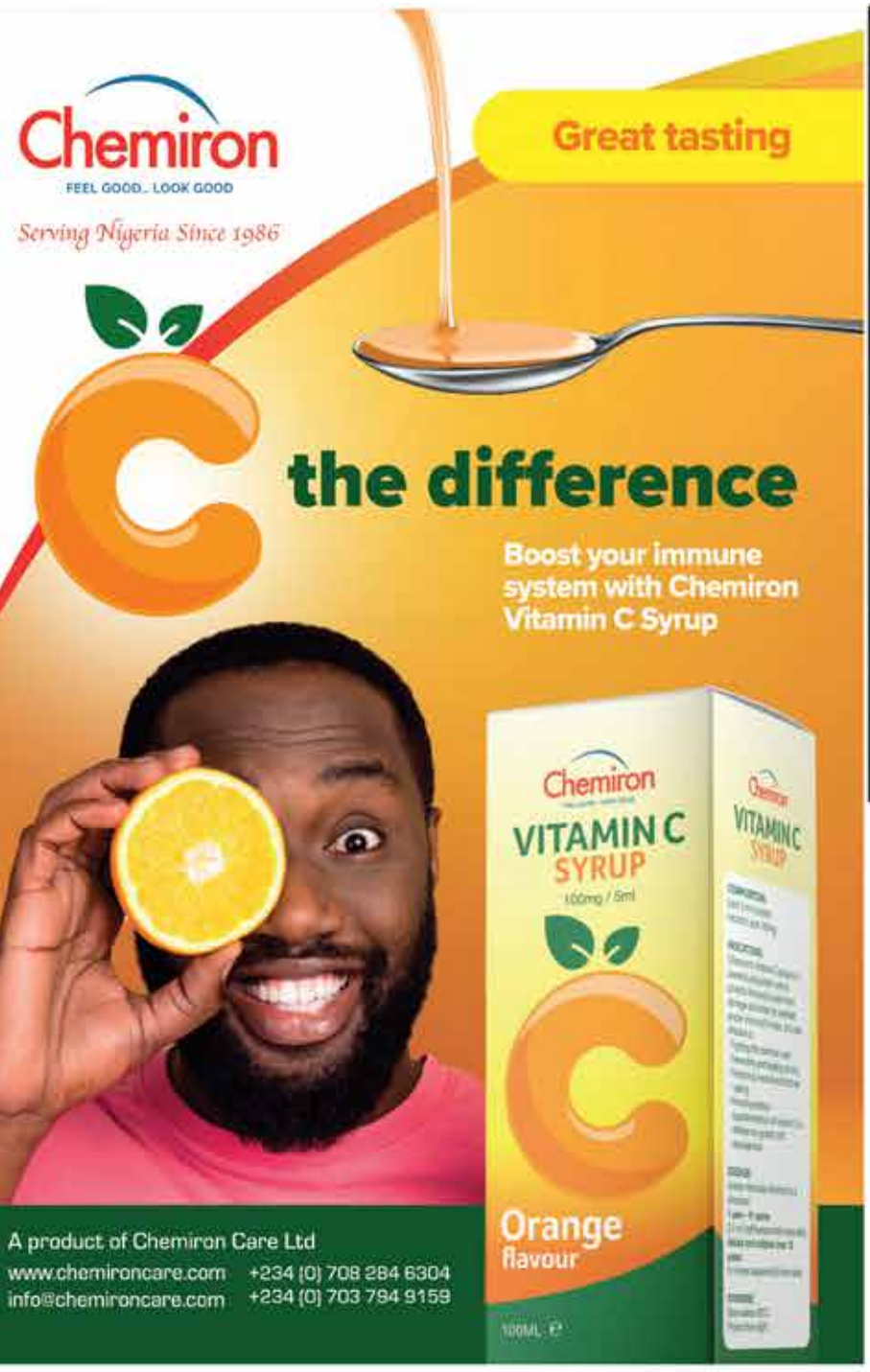
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Nigeria can't fix healthcare without fixing the business behind it – Afrihealth Founder

At the recent 2026 AfriHealth Expo, held at the Welcome Centre, Lagos, founder of the Afrihealth Development Foundation, Dr Chijioke Mbelu, spoke with ***Patrick Iwelunmor*** *on the state of Nigeria's healthcare system, healthcare entrepreneurship, mentorship, medical brain drain, and the urgent need to rebuild trust within the sector. He also explains why strengthening the business side of healthcare is central to solving many of the country's healthcare challenges. Excerpts:*



Dr Chijioke Mbelu

Doctor, can you give us a brief overview of today's event and its significance?

Today's AfriHealth Expo in Lagos was very impactful. We had healthcare professionals, students, entrepreneurs, industry stakeholders, and policymakers all gathered together to discuss the future of healthcare in Nigeria. The keynote speaker, Professor Modupe Odunsi, spoke extensively on healthcare entrepreneurship and shared her personal journey, the challenges she faced, and how she succeeded despite the difficult terrain in Nigeria. Her story inspired many people here today.

Beyond that, we recognised the contributions of our speakers, panellists, and chairman with awards because these are people making sacrifices for healthcare delivery in Nigeria. The larger goal of this conference is to create conversations around the business of healthcare because without addressing that aspect, healthcare delivery itself cannot improve.

You often emphasise the "business of healthcare." Why is that phrase so important to you?

Because healthcare is not sustained by passion alone. Passion is important, but systems, funding, management, accountability, and innovation are equally important. Many hospitals are struggling financially. Distributors are owed huge sums. Healthcare facilities are poorly managed. Some people import fake and substandard products into the country, and all these things weaken the sector.

If healthcare businesses are not healthy, then healthcare delivery itself cannot function properly. So, when we talk about improving healthcare in Nigeria, we must also discuss entrepreneurship, investment, regulation, management, and sustainability.

What role should the government play in strengthening the healthcare business environment in Nigeria?

The government has a very important role to play. There must be stronger regulations against fake and substandard products. Healthcare businesses should be supported through grants, incentives, and favourable policies. Hospitals and healthcare providers also need a more stable operating environment.

Another major issue is trust. If healthcare providers do not trust the system or the government, it becomes difficult for the sector to grow. Many Nigerians travel abroad for treatments that can actually be handled locally because they have lost confidence in the local system. Government must help restore that trust.

One of the major conversations around the Nigerian healthcare space today is the issue of brain drain. How is AfriHealth helping to address this challenge?

Mentorship is one of the key solutions. In the old days, healthcare knowledge was transferred through mentorship and apprenticeship before formal institutions became widespread. Young professionals need guidance from experienced practitioners who have gone through challenges and succeeded. That is why gatherings like this are important. When young people listen to experienced professionals share their stories, they become inspired and begin to see possibilities within Nigeria.

Many young healthcare professionals think success only exists abroad, but that is not entirely true. Some Nigerians abroad are even returning home to contribute to the healthcare sector. Some people who left Nigeria years ago are not even practising medicine overseas because of the stringent systems there.

So, my advice is for young professionals to look inward, identify opportunities within Nigeria, and build something meaningful here because there is no place like home.

What opportunities do you believe young healthcare professionals are overlooking in Nigeria?

There are many opportunities beyond conventional clinical practice. Some people can venture into digital health, telemedicine, healthcare technology, artificial intelligence in healthcare, health communication, medical logistics, healthcare consulting, and healthcare promotion.

I am a qualified medical doctor, but I have also moved into healthcare promotion because healthcare today is multidisciplinary. Young professionals need to understand that they are not limited to only one path.

Artificial intelligence is rapidly transforming healthcare globally. How prepared is Nigeria for that future?

Nigeria must prepare quickly because the world is changing very fast. AI can improve diagnostics, patient management, telemedicine, medical records, and healthcare access. However, for us to benefit fully, we must invest in infrastructure, training, and digital literacy. We also need policies that guide ethical usage. Technology should complement healthcare professionals, not replace human compassion and clinical judgement.

You mentioned fake and substandard products earlier. How serious is this problem within the Nigerian healthcare sector?

It is a very serious issue because fake products destroy businesses and also endanger lives. When people lose confidence in healthcare products, they begin to lose confidence in the entire healthcare system. This is why stronger regulation and enforcement are very important. Stakeholders across the healthcare value chain must work together to tackle the problem.

Beyond conferences like this, what practical impact does AfriHealth hope to achieve?

Our goal is not just to organise events. We want to build networks, encourage collaboration, mentor younger professionals, create awareness, and stimulate innovation within the healthcare sector. We also want to create an environment where healthcare professionals can openly discuss their fears, challenges, and ideas because solutions often emerge from dialogue and collaboration.

What feedback have you received from participants over the years?

The feedback has been encouraging. Many people say they leave our conferences feeling inspired and more informed. Some participants have gone on to start projects, businesses, or collaborations after attending AfriHealth events. In Port Harcourt especially, people already anticipate the next edition immediately after one ends. Lagos is still developing gradually, but we believe participation and awareness will continue to improve with time.

Running an initiative like AfriHealth for many years must come with challenges. What keeps you motivated?

What keeps me motivated is the impact. When you see young people inspired, when you see professionals collaborating, and when you see conversations leading to practical ideas, you feel encouraged to continue. Healthcare is a critical sector. If healthcare improves, many other aspects of society improve as well. So, despite the challenges, we remain committed.

What is your long-term vision for AfriHealth Development Foundation?

We want AfriHealth to become one of the leading platforms for healthcare dialogue, innovation, collaboration, and mentorship across Africa. We want to bridge gaps between healthcare professionals, entrepreneurs, policymakers, investors, and the public. Most importantly, we want to contribute to building a stronger healthcare system in Nigeria and across Africa.

Finally, what message would you like to leave for young Nigerians interested in healthcare?

I want them to remain hopeful, disciplined, and innovative. They should not allow the current challenges in Nigeria to discourage them. There are opportunities here if they are willing to learn, adapt, and persevere. They should also seek mentorship, continue improving themselves, and look beyond conventional career paths. Healthcare is evolving rapidly, and those who are prepared for change will succeed.

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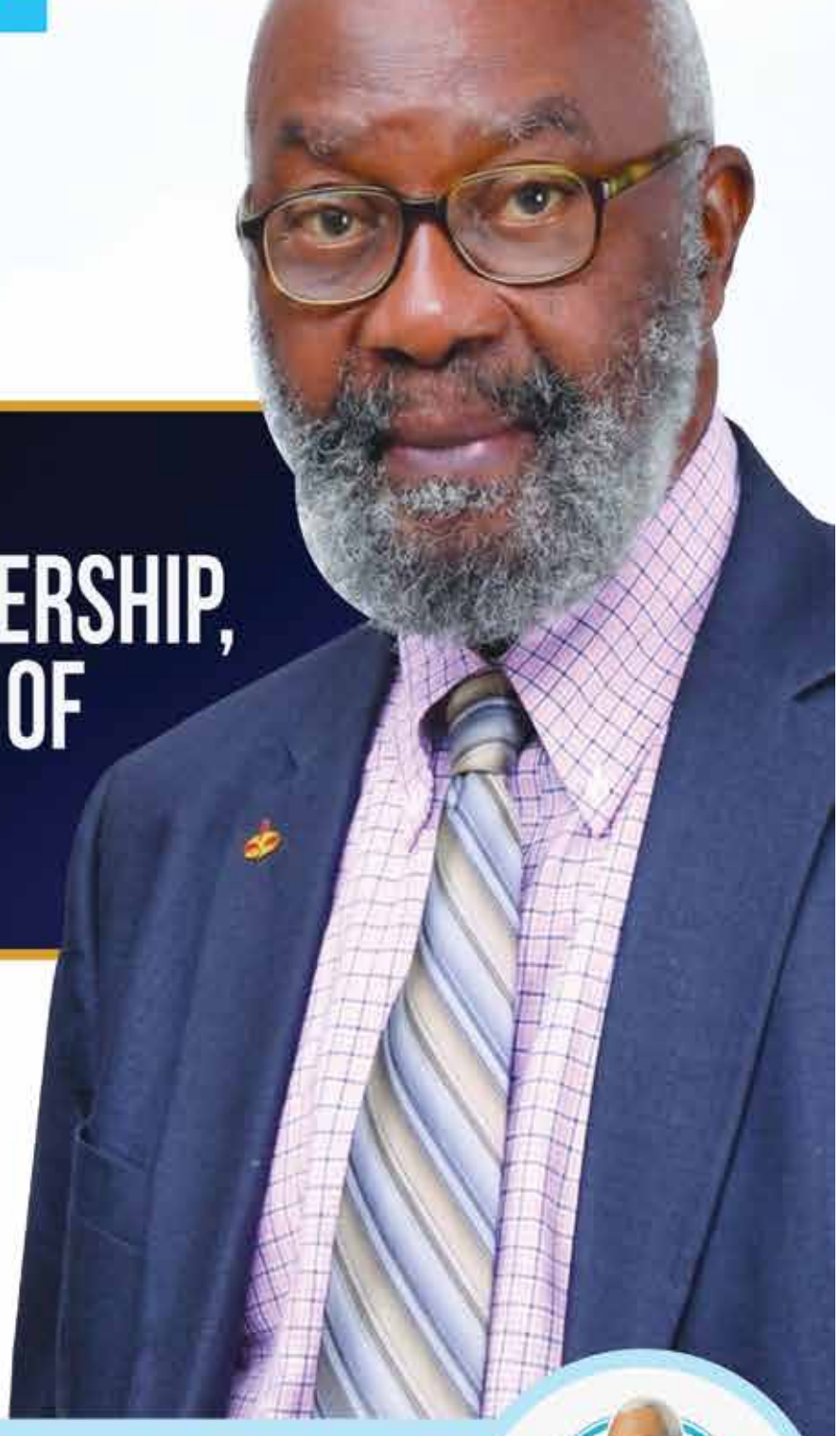
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Desire to sustain my husband's legacy keeps me going – Lady Joan Atueyi

For the first time since the passing of her husband on 15 July 2025 at the age of 85, the Matriarch of Pharmanews Ltd, Lady Joan Atueyi, has publicly spoken about life without him, describing his death as a rude shock that still feels unreal. In this exclusive interview with ***Temitope Obayendo,*** *she recalls missing him as her confidant, best friend, gist partner, pillar of wisdom, and companion of 55 years. Yet, amid the pain, she expresses heartfelt gratitude to God and to the many people who have stood by her and the family over the past year. Excerpts:*

It is a year since the passing of your husband, Sir Ifeanyi Atueyi. How have you and your family been coping with the loss, and what has helped you navigate this difficult journey?

Well, it hasn't been easy, especially considering who he was, the impact he had on my life and the life we shared together. It still feels like a dream to me. But I thank God for His grace and for the wonderful friends He surrounded him with. They have been calling, checking on us and encouraging us, and that has helped me a lot.

Whenever I hear what people say about him, it inspires me to carry on, knowing that he would be happy to see that I am not helpless. The responsibility to sustain the legacy and the good works he left behind has given me the strength to move on, knowing that this is the best way to make him happy where he is.

Looking back, what do you miss most about him, not just as the founder of *Pharmanews*, but as a husband, father and family man?

This was a man I lived with for 55 years. I miss him as my confidant, my best friend, my gist partner, my encyclopaedia of knowledge and our sweet companionship. I miss his wise counsel, his sense of humour, dedication to duty, fear of God and everything about him.

As for the children, people grieve differently, and his passing has affected each of them in different ways. But I know that by the grace of God, we will all heal.

We cannot shy away from the fact that we had a great man. We are very conscious of the life he lived and the name he built, and we want to preserve the legacy he left behind. We are trusting God for the wisdom to do just that.

Becoming the matriarch of Pharmanews after his passing must have been a huge responsibility. How did you overcome the initial challenges?

It has been by God's grace and mercy because his passing came as a shock and was completely unexpected. It was God who helped me through the early challenges.

The staff members have also played, and continue to play, very important roles through their dedication and commitment. They have been wonderful to work with and have remained a strong pillar of support in sustaining the legacy. I thank God that my husband built a solid structure and assembled a dependable team. That is what is helping us forge ahead.

Sir Atueyi was widely respected for his contributions to healthcare journalism and advocacy. What aspects of his legacy are you most determined to preserve and strengthen?



Lady Joan Atueyi

By God's grace, I'm determined to preserve everything for which my husband was respected in healthcare journalism and advocacy. Although I'm neither a journalist nor a pharmacist, I am committed to promoting healthcare journalism through ***Pharmanews*** by providing the support needed for our staff to continue pushing the frontiers of pharmaceutical and healthcare reporting.

I am also determined to sustain the values for which he was known in the industry: integrity, diligence, hard work, professionalism, godliness and his large heart for accommodating everyone who crossed his path.

With the support of the directors and staff of Pharmanews, we will continue to bridge communication gaps and avoid situations where people will say, "If he had been there, this would not have happened."

How has the support of family members, colleagues, industry stakeholders and friends helped sustain both you personally and the organisation professionally?

Knowing that you have genuine friends around you, people who mean well and are happy to see you succeed, is a great source of motivation.

Whenever I reflect on how God has surrounded us with great pillars of support, I simply say, "Lord, thank You." It motivates me to continue with the determination not to disappoint God and the good people He has placed around us.

God has also been faithful. Sometimes I ask, '"Lord, why?" and feel overwhelmed, but I find comfort in His Word. Deuteronomy 31:8 says: *"And the Lord, He it is that doth go before thee; He will be with thee; He will not fail thee, neither forsake thee: fear not, neither be dismayed."* Those words continue to encourage and strengthen me.

What lessons did you learn from your husband about leadership, integrity and service that continue to guide your decisions today?

His humility, his love and his openness to advice and criticism. He could accommodate everyone, no matter how young or old, rich or poor. He related freely even with the youngest people.

He made himself available and made people feel valued. That helped him become who he was and achieve all that he did. He was loving and humble, never acting as though he was too important. He opened doors for everyone. No matter who came to see him, he welcomed them warmly. I really miss him.

His philosophy has shaped my personality. I have learnt to be more accommodating, tolerant and patient in dealing with people and situations.

Beyond sustaining his legacy, what personal vision do you have for *Pharmanews*?

My vision is for ***Pharmanews*** to become bigger than what he left behind, to grow in quality, content, distribution and staff strength. By God's grace, we will achieve that and even surpass it.

What message would you like to share with the pharmaceutical and healthcare community that has stood by *Pharmanews* over the years?

I want them to continue believing in ***Pharmanews.*** The fact that the founder is no longer with us does not mean that ***Pharmanews*** is gone. Through their support, ***Pharmanews*** will become even better and greater than what my husband left behind.

Finally, when future generations speak about Sir Ifeanyi Atueyi, how would you like him to be remembered?

I would like younger generations to remember him as a man with a large heart who embraced everyone that came his way. He was a man of integrity and vision, a God-loving and hardworking man.

Whatever responsibility was entrusted to him, once he accepted it, he delivered beyond expectations. He was always willing to serve humanity and God. He was a friend of young people and a friend to everyone, regardless of status.

In conclusion, I want to express my sincere gratitude to God for sustaining me, my family, ***Pharmanews*** and the staff. I give Him all the glory for keeping us together and ensuring that what my husband started will not disappear. By His grace and mercy, it will continue to grow.



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How necessary are supplements?

By Ola Aboderin



In recent years, supplements have become a familiar part of daily life for many elderly people. They are advertised everywhere, from multivitamins to herbal mixtures and imported capsules. And the promise is often better health, more strength, and protection against illness.

For some, these products offer support, especially where diet may seem uncertain or incomplete. Yet the growing reliance on supplements raises an important question. Are they truly necessary, or are they being used to replace something more fundamental?

Food as primary nourishment

For most people, nutrition is best obtained from food. A balanced diet provides not only vitamins and minerals, but also fibre, protein, and other elements that work together in ways supplements cannot fully replicate.

Our local foods, when properly prepared, can meet many of the body's needs. Whole grains, beans, vegetables, fruits and fish contribute to a diet that supports strength and overall health. Leafy soups, in particular, can provide valuable nutrients when prepared with a variety of ingredients.

As the body ages, it may require more careful attention to diet rather than less. Appetite may reduce, but nutritional needs often remain the same or even increase in certain areas. This makes the quality of food especially important.

When supplements may be useful

This is not to say that supplements have no place. In some situations, they can be helpful. A doctor may recommend them where there is a confirmed deficiency, or where certain health conditions affect the body's ability to absorb nutrients.

For example, older adults who have limited sun exposure may require vitamin D. Those with specific medical conditions or dietary restrictions may also benefit from targeted supplementation. In such cases, supplements serve a clear and supportive purpose.

The concern arises when supplements are taken without proper guidance. Self-prescription is common, often influenced by advertising, word of mouth, or the belief that more is better. This can lead to unnecessary intake or, in some cases, harmful effects.

Risks of over-reliance

Taking supplements without medical advice can create problems. Some vitamins and minerals, when taken in excess, can affect the body negatively. Others may interact with prescribed medications, reducing their effectiveness or causing side effects.

There is also the risk of false reassurance. Relying on tablets or tonics may give the impression that nutritional needs are being met, while underlying dietary gaps remain unaddressed. Over time, this can weaken rather than support overall health.

In addition, not all products on the market meet reliable standards. Quality can vary, and in some cases, products may not contain what they claim. This makes careful selection and professional guidance even more important.

Finding the right balance

The aim should not be to choose between food and supplements, but to understand their proper roles. Food should remain the foundation of nutrition. Supplements, where necessary, should support rather than replace a balanced diet.

Simple dietary improvements can go a long way. Including a variety of foods, increasing intake of fruits and vegetables, and ensuring adequate protein can help meet most nutritional needs. Even modest changes, when maintained over time, can have lasting benefits.

For older adults, it is also helpful to have regular medical check-ups. These can identify any deficiencies early and guide appropriate treatment. Rather than relying on general supplements, care can then be tailored to individual needs.

In all, while supplements may seem convenient, they are not a substitute for good nutrition. The body responds best to what it has always relied on, which is real, balanced food.

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 18 million cumulative monthly website hits.
7. PN is the journal of choice for advertisers.
8. PN is the Winner, 2017, 2018, 2019, 2021, 2022, 2023 and 2025 Nigerian Healthcare Media Excellence Awards (NHEA).

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1. Ref: Goldstein BJ, Feinglos MN, Lunceford JK, Johnson J, Williams-Herman DE. Effect of initial combination therapy with sitagliptin, a dipeptidyl peptidase-4 inhibitor, and metformin on glycemic control in patients with Type 2 diabetes. Diabetes care. 2007 Aug 1;30(8):1979-87
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Avoiding the coming deaths in 2027 elections

By Michael Owhoko, PhD



Inevitable deaths are in the offing in 2027. Those familiar with Nigeria's electoral mythology, history and patterns know that the 2027 general elections will be a harbinger of death, powered by electoral violence. It will take a miracle to escape what will unfold. People will die. Nigerians will perish. Hospitals will be overwhelmed. Nigerians must therefore brace themselves for the coming calamity, as the intensity and scale will make it a memorable year of regrettable carnage. All six geopolitical areas of the country will be affected.

The event will further damage the country's troubling global perception and worsen its negative profile as the 5th most violent country in the world and 4th in the Global Terrorism Index 2026, ranking as the 6th deadliest and 7th most dangerous country for civilians in the world. Moreover, the elections will threaten democratic norms, political stability and erode faith in public institutions due to brazen manipulation of the electoral process.

The coming calamity will largely be fuelled by electoral insecurity engendered by the desperation of political parties to outwit one another, particularly the ruling party, the All Progressives Congress (APC), and the main opposition parties, including the African Democratic Congress (ADC) and the Nigeria Democratic Congress (NDC). While the APC will go all out and spare nothing to retain the incumbent government of President Bola Ahmed Tinubu for a second term in office, the ADC and the NDC will deploy every resource at their disposal to dislodge and replace the current APC government, causing public uproar.

Though other political parties will also show strength and contest fiercely, the election will be fiercely competed by the APC, NDC and ADC. The stakes are high and driven by illogical greed and lust for power to control political authority and economic resources, even though the resources are poorly appropriated and most times thoughtlessly deployed to protect pride, fund vanity and maintain empires, as opposed to judicious application for improved living conditions for citizens.

Political parties are likely to deploy political thugs masked as party officials into the field to reinforce their internal strategic plans to achieve programmed goals. By their planned political conduct and indifference, the political parties will, unwittingly, diminish the value of human lives during the general elections. This is the picture of what the country will experience in next year's general elections.

Alarming antecedents

Before you ask for proof, verify the antecedents of political parties and how their leaders ignited the political atmosphere to set the tone for violence and rigging through their utterances and body language, influenced by irrational desires to achieve electoral victory at all costs. Except for former President Goodluck Jonathan, all presidential candidates since 1999 to date are guilty of stoking the polity through their predilection and declarations.

For example, preceding the April 2007 Presidential election, the then President Olusegun Obasanjo alluded to the fact that the election would be a "do-or-die affair". As simple as the statement was, it encouraged supporters of the People's Democratic Party (PDP) to go the extra mile to push for victory at all costs without thought for probable consequences. Evidently, this resulted in violence and fatalities across the country.

Also, during the 2011 elections where former and late President Muhammadu Buhari, then candidate of the Congress for Progressive Change (CPC), lost to Goodluck Jonathan, his demeanour and post-election utterances undeniably provoked and encouraged electoral violence in parts of the country, particularly in the north-west.

According to Human Rights Watch, over 800 people were killed and more than 65,000 persons were displaced in that particular 2011 general election following widespread protests and riots by Buhari's supporters in the northern states. The killings, which were worsened by sectarian colouration, occurred in Adamawa, Bauchi, Borno, Gombe, Jigawa, Kaduna, Kano, Katsina, Niger, Sokoto, Yobe and Zamfara.

Without showing empathy for the high number of Nigerians killed, including innocent National Youth Service Corps (NYSC) members, Buhari further threatened that if the next elections scheduled for 2015 were rigged like the 2011 elections, "the dog and the baboon would all be soaked in blood", implying that violence and death would be inevitable. Clearly, Buhari's comment was an indication of political desperation, intended to use the threat of force and violence to effect the outcome of political contest, as opposed to allowing the impartial verdict of the Independent National Electoral Commission (INEC).

Luckily for Nigeria, former President Goodluck Jonathan conceded defeat, preventing Buhari's threat from coming to pass in 2015. Jonathan's action not only defused tension, it averted widespread killings and bloodshed that would have accompanied the announcement of results in his favour, particularly in the northern part of the country. Jonathan's position was obviously dictated by his philosophy that his ambition and that of anybody else was not worth the blood of any Nigerian, which he held as an article of faith throughout the period of the 2015 general elections, preferring a credible and peaceful election.

Grabbing and snatching

Also, the incumbent President, Bola Ahmed Tinubu, is not immune from utterances that have encouraged violence. While addressing party members in London in 2023, Tinubu said that political power was not served "à la carte", but must be secured through intense efforts by "fighting for it, grabbing it, snatching it and running with it". Whatever that means, this remark was not only unhelpful, it encouraged rigging and violence, as well as opening a new vista of political desperation and redefining the new premise for an unhealthy autochthonous political process.

A parallel can be drawn between Tinubu's statement and an incident that occurred at a polling unit in the Lekki area of Lagos during the 2023 general elections. After queuing for hours in the sun to cast their votes, just when ballot papers were to be counted at the end of voting, some thugs emerged from nowhere, scared away voters, seized the ballot box and left with it, presumably to thumb-print fresh ballot papers. Surely, there is a correlation between their actions and the political philosophy of "fighting for it, grabbing it, snatching it and running with it".

In a similar vein, the Secretary of the Board of Trustees of the New Nigeria People's Party (NNPP), Alhaji Buba Galadima, recently advised Nigerians to defend their votes in the coming 2027 elections with "bottles and jerry cans of kerosene". This is an obvious reference to violence and an invitation to anarchy. Indeed, it is a precursor, as a worse scenario marked by unhealthy electoral struggle will be thrown up in the 2027 general elections where the value of human lives will be degraded.

The culture of killings in every electoral cycle in Nigeria has become legendary. Among all African countries and indeed the world over where elections are conducted, Nigeria is reputed for election manipulation and violence, attracting undue global spotlight. As elections draw closer, scepticism, uncertainty, fear and apprehension permeate the atmosphere due to expected violence.

Prioritising personal safety

Though it is the responsibility of government to protect and guarantee the safety of lives during elections, past assurances by government to protect the lives of citizens did not translate into safety. When a few successes are discounted, you find that security agencies have proved incapable of handling high-level violence such as what happened in the 2011 elections, where over 800 people lost their lives.

From antecedents, politicians are careless about deaths and can sacrifice the blood of innocent Nigerians on the altar of electoral victory. Their interests and activities are driven more by the value of votes, as evident during post-election litigations where they seek legal redress for electoral malpractice rather than justice for the dead.

Sadly, the coming deaths will dwarf all previous political-related killings in the country, necessitating the need to prioritise personal safety. It is imperative to identify and avoid electoral blackspots that are notorious for violence. Political thugs are likely to trigger violence by creating an atmosphere of fear and intimidation at polling units aimed at electoral manipulation.

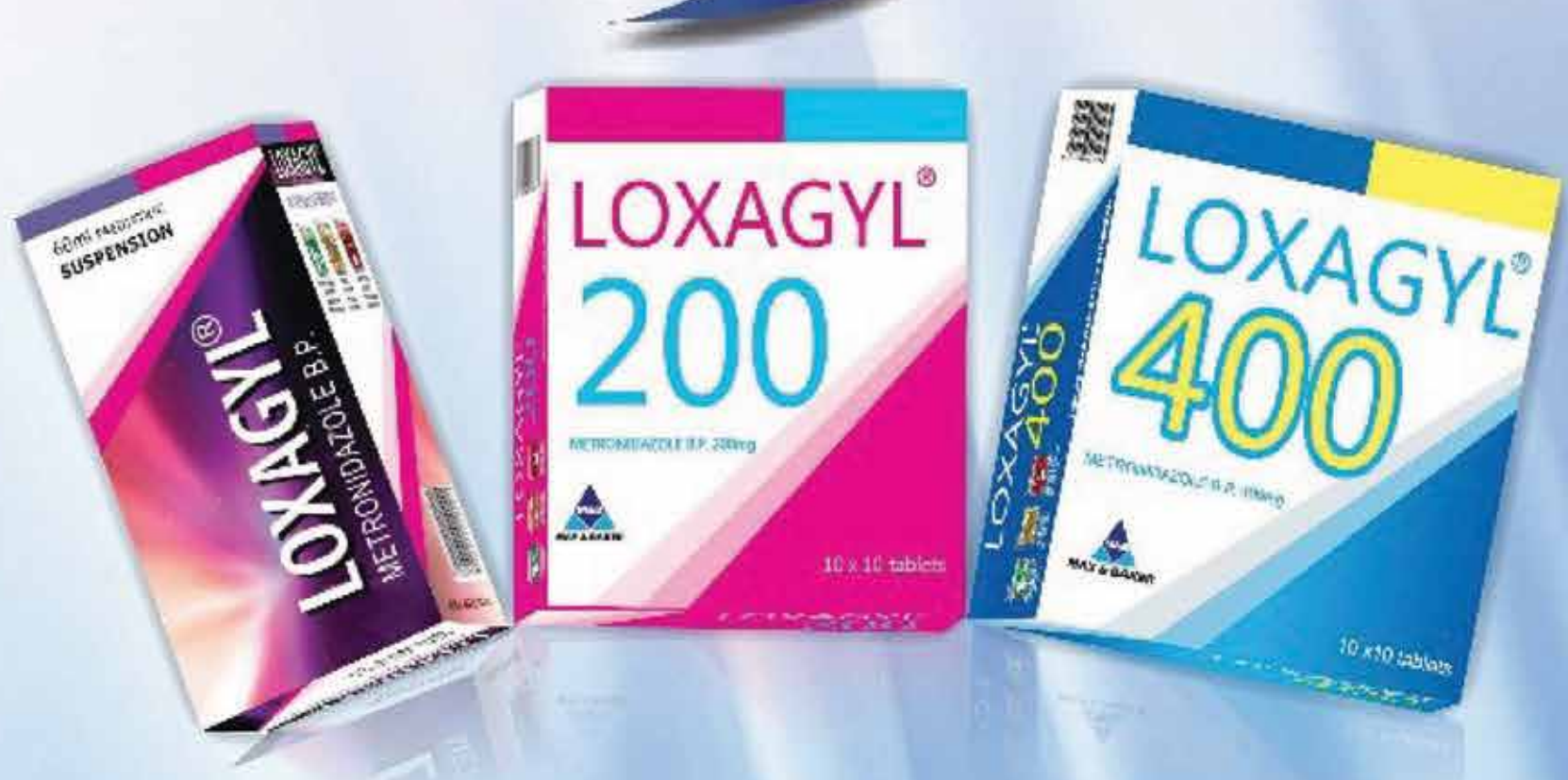
Citizens are therefore advised to devise safety nets that will shield and guarantee personal safety in the event of obvious threat to life, even if it means avoiding polling booths. Recall that Nigerians who died during previous electoral cycles have since been forgotten and the country has moved on without them. Therefore, it is essential for citizens to protect themselves to avoid being counted among the dead in the pending catastrophe in 2027.

Dr Mike Owhoko, Lagos-based public policy analyst, author and journalist, can be reached at www.mikeowhoko.com and followed on X (formerly Twitter) @michaelowhoko.

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Pharmacy students have critical roles in transforming Nigeria's healthcare — PANS-OOU President

Pharmacy students across Nigerian universities continue to navigate the demands of rigorous academics, leadership responsibilities, and increasing expectations within the evolving healthcare sector. At the same time, student associations are under pressure to remain relevant, impactful, and responsive to the needs of members.

*In this exclusive interview, President of the Pharmaceutical Association of Nigeria Students (PANS), Olabisi Onabanjo University (OOU), Bolaji Adewale Onifade, popularly known as OBA, tells **Adebayo Oladejo** about his journey into Pharmacy and student leadership. He also reveals the vision driving his administration, the ongoing initiatives to improve student welfare and professional development, as well as the role of students and young pharmacists in transforming Nigeria's healthcare system. Excerpts:*



Bolaji Adewale Onifade

Give us a short overview of your academic journey at OOU and as president of PANS.

My academic journey has been filled with growth, challenges, and experiences that have shaped my passion for the pharmacy profession.

Beyond academics, I currently serve as president of the Pharmaceutical Association of Nigeria Students, OOU, a role that has given me the opportunity to lead, learn, and serve pharmacy students while balancing leadership with academic responsibilities.

What inspired you to study Pharmacy and also take up leadership responsibilities as PANS president?

My inspiration to study Pharmacy came from a discussion I had at a younger age about incurable diseases. I strongly believe that with the right knowledge and innovation, many health challenges can be solved, and that motivated me to pursue Pharmacy.

As for leadership, I believe complaints alone do not change anything. If you see a gap, step forward and contribute. After observing previous administrations and identifying areas for improvement, I decided to contest.

Since assuming office, what major achievements or initiatives has your administration recorded for pharmacy students in OOU?

We have created platforms for student entrepreneurs through initiatives like the "Brand of the Week" series and also organised webinars on mental health, LinkedIn optimisation, scholarships, and CV writing.

We introduced the "Rx Scholarship Hub" to help students access scholarship opportunities and also hosted programmes like "Pharmacopreneur" and collaborative activities with other institutions.

On the infrastructural side, we donated fans, podiums, and public address systems to improve the learning environment for students.

What are some of the major challenges facing pharmacy students in the university, and how is your administration addressing them?

One of the major challenges pharmacy students face is balancing intense academic workload with financial pressures and limited opportunities.

As an administration, we have focused on practical solutions through initiatives like "Discourse Duel: Clash of Intellectuals 3.0," which exposes students to conversations around healthcare innovation, leadership, and public health.

We also introduced "Operation 5.0" to reward academic excellence and the Quiz Club initiative to encourage healthy academic competition. In addition, we continue to improve communication, welfare support, and access to academic opportunities for students.

Leadership in student associations can be demanding. How have you been balancing academics with your responsibilities as PANS President?

Honestly, it has been demanding, especially because my leadership responsibilities extend beyond academics. For me, structure and proper planning have been very important.

I work with clear schedules and priorities to ensure balance, and I am also grateful for the support of my executives, classmates, friends, and colleagues who have made the journey easier.

In your opinion, what role should pharmacy students and young pharmacists play in improving Nigeria's healthcare system?

Pharmacy students and young pharmacists have a major role to play because they represent the future of healthcare delivery. Beyond dispensing medications, they must become innovators, researchers, and public health advocates.

I strongly believe young pharmacists should embrace technology, research, and collaboration while also promoting advocacy against antimicrobial resistance and drug misuse.

Most importantly, we must see ourselves as solution-driven professionals capable of transforming Nigeria's healthcare system.

What is your vision for the future of PANS-OOU, and what legacy would you like your administration to be remembered for?

My vision for PANS-OOU is to build a student-centred and impact-driven administration where students' voices genuinely shape decisions and policies.

I want this administration to be remembered for meaningful projects, improved welfare, stronger communication between students and lecturers, and service-driven leadership built on empathy, accountability, and collaboration.

Ultimately, I hope we will be remembered as an administration that strengthened systems, delivered on its promises, and promoted unity within the association.

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Communiqué issued at the end of the NAIP 29th Annual National Conference Programme "Harmony Reloaded 2026"

The Association of Industrial Pharmacists of Nigeria (NAIP) 29th Annual National Conference Programme tagged "Harmony Reloaded 2026" was successfully held from 3rd – 7th May, 2026 at De Peace Hotels and Suites with the theme:

" Collaboration and Innovation to Build Local Solutions for the Future of Nigeria Pharmaceutical Industries"

The conference brought together pharmacists, pharmaceutical industry stakeholders, regulatory agencies, healthcare professionals, industry leaders, academia, exhibitors, development partners, and participants from across Nigeria to deliberate on critical issues affecting the growth, sustainability, innovation, and global competitiveness of the Nigerian pharmaceutical industry.

PRE-CONFERENCE ACTIVITIES

The conference activities commenced on Sunday, 3rd May 2026 with:
Arrival of delegates
NEC/Council Meeting
Delegates Registration
Health walk
Medical outreach and public awareness campaign at the Emir of Ilorin's Palace
Industrial visits
Welcome cocktail for participants

OPENING CEREMONY

The Opening Ceremony held on Tuesday, 5th May 2026 featured goodwill messages from notable organizations and stakeholders including:

NAIP BOT, PSN Kwara, FeNPIA, AHAPN, ALPs, NAPA, ACPN, PSN BOT, PWDAN, NAPPSA, PCN, CPAN, PMG-MAN, Niropharm, APIN and IPMIN.

A brief was presented by NAIP national Chairman, Pharm Sir Bankole Ezebuilo who gave his opening address.

The Chairman of the day, Pharm Mohammed Yaro Budah, Former president of PSN and a BOT member Nigerian Academy of Pharmacy gave his welcome address. He emphasized professionalism, ethical leadership, collaboration, and continuous growth within the pharmaceutical sector.

THE KEYNOTE ADDRESS

The keynote address titled: "Collaboration and Innovation to Build Local Solutions for the Future of the Nigerian Pharmaceutical Industry "was delivered by Dr Henrietta Ukwu, who emphasized on the following attributes:

Stronger synergy among stakeholders, Investment in local pharmaceutical manufacturing capacity, Regulatory efficiency, Continuous professional development, Sustainable healthcare effort priorities.

Dr Henrietta Ukwu also took all participants on "**Soft skills required for effective regulatory professionalism**" where she emphasized that Professionals should possess the following skills:

- Honest Broker
- Liaison/Advocate
- Globally relevant
- Strategist
- Business partner
- Due diligence
- Gate keeper

TRAINING /PROFESSIONAL SESSIONS

The conference featured high-level scientific presentations, leadership discussions, technical workshops, exhibitions, networking sessions, and professional development programs facilitated by distinguished experts and industry professionals.

Dr Ohiri Kelechi, through his representative made a presentation on "Leveraging NHIA–Industrial Pharma Collaboration as a catalyst for local pharmaceutical production and universal health coverage"

Major Conference Presentations

Activities on 6th May, 2026 featured important leadership, governance, and institutional development discussions focused on the future of Nigeria's pharmaceutical industry.

A brief was presented by the NAIP National Chairman, emphasizing the achievements of the association, current industry realities, and the need for unity, professionalism, innovation, and strategic collaboration among stakeholders.

The Welcome Address was delivered by the Chairman of the Day, Azubuike Okwor, who encouraged participants to uphold excellence, ethical leadership, and institutional development as critical drivers for the growth of the pharmaceutical sector.

The conference also featured a lecture Delivered by Chief Osita Chidoka, former Corps Marshal FRSC and former Aviation minister of the Federal Republic of Nigeria titled

"Building Institutions, Building a Nation: Leadership, Governance and the Future of Nigeria's Pharmaceutical Industry"

During the session, the concept slogan of **"Mekaria"** was highlighted as a slogan and symbol of excellence, integrity, discipline, innovation, and transformational leadership within the pharmaceutical industry and national development.

The session emphasized on the importance of building strong institutions for sustainable national growth, Ethical leadership and accountability, Good governance and strategic policy implementation, Collaboration as a tool for industrial advancement, The role of the pharmaceutical industry in strengthening healthcare delivery and economic development.

Participants described the session as insightful, inspiring, and highly impactful toward shaping the future direction of Nigeria's pharmaceutical industry.

The conference featured presentations on topics like:

Introduction to dossier evaluation using ICH guidelines, Principles of drug formulation and design, Equipping leadership teams for peak organizational performance, Strengthening supply chain intelligence and market-driven manufacturing strategies, Participants also engaged in breakout training sessions covering:, Regulatory Affairs, Production and Quality Assurance, Sales and Marketing, Supply Chain Management

SPECIALIZED TRAINING SESSIONS

The conference made a paradigm shift to focus extensively on specialized training sessions on the following topics:

1. NAFDAC & ICH Guidelines CTD Module 3 & 5 by Facilitated by Pharm Monica Agu

Advanced Selling Skills Facilitated by Pharm Val Ezeiru

2 Personal Effectiveness- Goals and Time Management Facilitated by Solomon Avbioroko

3 Performance Management for Sustainable Growth Facilitated by Mazi Sam Ohuabunwa

4 Beyond Manufacturing: Expanding Roles of Industrial Pharmacists in Clinical Outcome Facilitator by Dr Daniel Anuebunwa

5 Product Lifecycle Management Facilitated by Prof. Lere Baale

6 Practical Session on Dossier Compilation and Evaluation Facilitated by Pharm Osaretin Jaiyeola

7 Common Non-Conformities in the Nigerian Pharmaceutical Industry and CAPA Facilitated by Pharm Monica Agu

8 Evolution of Communication Technology and the Future of Marketing Facilitated by Pharm Sola Solarin

9 Quality Culture – Key to Business Survival and Sustainability Facilitated by Prof Louis W. Yu

10 The Superintendent Pharmacist in Today's Pharmacy Law and Ethics Facilitated Pharm Olumide Akintayo FPSN

11 Preparing Your Facility for PCN Approval Facilitated by Dr Amina Omar

12 Quality by Design Facilitated by Dr Nonye Onyewuenyi

13 Value Proposition / Objection Handling Facilitated by Pharm Val Ezeiru

14 Modern Brand Building Techniques Facilitated by Dr Lolu Ojo

15 From Surviving to Shaping: Building the Market You Need Facilitated by Pharm Azuka Okeke

GROUP DYNAMICS SESSION

The conference featured an engaging Group Dynamics Session on the 7th May, involving the NAIP structures in the following zones: Delta Zone, Kwara Zone, Edo Zone and Ogun Zone.

The exercise promoted teamwork, leadership, innovation, collaboration, strategic thinking, and healthy competition among participants, the Kwara Zone took the first position.

Judges for the Group Dynamics Session: Pharm Gbenga Falabi FPSN, Pharm Kenneth Onuegbu FPSN, Dr Lolu Ojo FPSN, Pharm Bioku Rahman FPSN , Pharm Bala Mai Kudi FPSN

ANNUAL GENERAL MEETING (AGM)

The conference also featured the Annual General Meeting (AGM), during which important deliberations concerning pharmaceutical practice, industry challenges, policy direction, ethics, regulation, and future development strategies were discussed.

The Closing Banquet successfully brought the 29th Annual National Conference Programme "Harmony Reloaded 2026" to a memorable conclusion, reinforcing unity, collaboration, friendship, and professional commitment among participants and stakeholders within the Nigerian pharmaceutical industry.

CONFERENCE OBSERVATIONS AND RECOMMENDATIONS

After extensive deliberations, the conference observed that:

1. Collaboration among pharmaceutical stakeholders remains essential for advancing local drug manufacturing and healthcare delivery in Nigeria.
2. There is an urgent need to strengthen local pharmaceutical production capacity to reduce dependence on imported medicines and improve medicine security.
3. Regulatory compliance, dossier evaluation competence, and adherence to international standards such as ICH guidelines are critical for global competitiveness.
4. Leadership development, quality culture, soft skills training, and ethical professionalism are necessary for building resilient pharmaceutical organizations and effective professionals.
5. Improved synergy between government agencies, healthcare institutions, and the pharmaceutical industry will accelerate universal health coverage goals.
6. Supply chain optimization, market intelligence, innovation, and modern marketing strategies are vital to sustainable pharmaceutical manufacturing and distribution.
7. Continuous professional education, industrial exposure, mentorship, and innovation remain important for enhancing the competence of pharmacists and pharmaceutical professionals.
8. Collaboration, teamwork, and capacity building among young professionals should be sustained for future industry growth.

CONFERENCE RESOLUTIONS AND CALL TO ACTION

The conference therefore resolved to:

1. Promote stronger collaboration among industry stakeholders, regulatory bodies, healthcare institutions, and policymakers.
2. Advocate for policies that encourage local pharmaceutical manufacturing, innovation, and investment.
3. Encourage continuous professional development programs focusing on regulatory affairs, quality assurance, leadership, marketing, ethics, and supply chain management.
4. Support initiatives that strengthen regulatory compliance and international best practices within the Nigerian pharmaceutical industry.
5. Foster mentorship, innovation, and capacity building among young professionals in the sector.
6. Enhance public health awareness campaigns and community outreach initiatives.
7. Sustain partnerships that will improve healthcare delivery and universal health coverage across Nigeria.
8. Encourage ethical leadership, quality assurance culture, and sustainable business practices within the pharmaceutical industry.

APPRECIATION

The conference appreciated the efforts of the National Executive Council, organizing committees, sponsors, exhibitors, speakers, facilitators, judges, welfare committee members, and all delegates whose contributions ensured the success of the conference.

Participants also commended the hospitality of Ilorin and reaffirmed their commitment to advancing the Nigerian pharmaceutical industry through unity, collaboration, innovation, professionalism, and excellence.

Issued this 18th Day of May, 2026.



Pharm Emeka Ndinechi
National Publicity Secretary

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Quality by design, Nigeria's key to global pharma space - Onyewuenyi

Nonye Onyewuenyi, PhD, is the CEO and Chief Scientific Officer of Noniks Analytics, USA. A pharmaceutical scientist and global program management executive, her scientific expertise spans the full translational continuum of drug product development, hfrom pre-formulation science, formulation design, and optimization, to analytical chemistry. With over two decades of experience, she was a featured speaker at the recently concluded 29th Annual Conference of the Association of Industrial Pharmacists of Nigeria (NAIP), tagged "Harmony Reloaded 2026," which was held in Ilorin, Kwara State, Nigeria. Dr Onyewuenyi is a strong proponent of Quality-by-Design (QbD) as the essential translational bridge between pharmaceutical science and manufacturing reality

In this insightful interview with ***Temitope Obayendo****, she simplifies the key messages from her two presentations at the conference, emphasising that local pharmaceutical manufacturers in Nigeria must embrace Quality by Design (QbD) as a prerequisite for competing globally. She laments the current state of local drug manufacturing, noting that despite having more than 120 registered manufacturers, the country still produces less than 30 per cent of its drug requirements, which she describes as a failure of formulation science and capability. She also discusses the role of artificial intelligence and machine learning in pharmaceutical manufacturing, as well as the challenge of financing facility upgrades required for WHO prequalification. Excerpts:*



Dr Nonye Onyewuenyi

You delivered two presentations during the NAIP Harmony Reloaded 2026 conference. Could you summarise the main themes of the first presentation and what you hoped attendees would take away?

It was a privilege to be part of such a landmark gathering for the Nigerian pharmaceutical community. My first presentation, titled *Principles of Drug Formulation and Design*, was structured around one overarching conviction: that formulation science, strongly supported by Quality by Design (QbD) and Process Analytical Technology (PAT), is not a downstream activity; rather, it is the most critical strategic investment the Nigerian pharmaceutical industry can make right now.

The presentation opened with a deliberate overview of the Nigerian pharmaceutical landscape. With approximately 70 per cent of medicines imported, an annual pharmaceutical import bill exceeding $2 billion, and a population of more than 200 million people, the urgency is clear. Nigeria has over 120 registered manufacturers, yet local production satisfies less than 30 per cent of national demand. That gap is not primarily a policy failure; it is a failure of formulation science and capability.

From there, I took participants through the foundations of drug formulation, from pre-formulation science and active pharmaceutical ingredient (API) characterisation to excipient design, Biopharmaceutics Classification System (BCS) strategy, routes of administration, drug-release mechanisms and the five-stage formulation development process. A major theme throughout was the Quality by Design framework, as defined under ICH Q8(R2), together with Analytical Quality by Design (AQbD), because quality cannot simply be tested into a product; it must be designed into it from the beginning.

I also devoted considerable attention to artificial intelligence and machine learning in pharmaceutical manufacturing, explaining what they are, why they matter and how they can benefit Nigerian manufacturers. The average cost of drug development is about $2.6 billion, while 90 per cent of drug candidates fail in clinical trials. The session concluded with a discussion on locally sourced excipients. Nigeria's rich agricultural resources, ranging from cassava starch to palm-derived lubricants, present a genuine competitive advantage that remains largely untapped.

The key message I wanted attendees to take away is that formulation excellence is not a luxury reserved for well-funded multinationals. It is the discipline that determines whether a Nigerian-manufactured medicine reaches patients and works effectively. Every regulatory submission, shelf-life decision and tablet-coating choice is fundamentally a formulation decision, and Nigerian scientists are fully capable of making world-class ones.

Moving to your second presentation, what were the key arguments or data points you shared, and how did they complement the first?

My second presentation was a dedicated deep dive into Quality by Design. While the first presentation established the "what" and "why" of formulation science, the second focused entirely on the "how", specifically how to build pharmaceutical quality in a rigorous, defensible and internationally recognised manner.

The central argument was straightforward: QbD is no longer optional for manufacturers that aspire to compete beyond Nigeria's borders. NAFDAC and international regulatory agencies, including WHO, the USFDA and the EMA, increasingly require QbD-style submissions. More importantly, QbD reduces costly product failures by an estimated 40 to 60 per cent, which is transformative for lean Nigerian manufacturers that cannot afford excessive waste.

I explained the QbD architecture, beginning with the Quality Target Product Profile (QTPP), identifying Critical Quality Attributes (CQAs), linking Critical Material Attributes (CMAs) and Critical Process Parameters (CPPs), establishing the design space and implementing a control strategy supported by PAT. I also discussed the parallel AQbD framework, which applies the same principles to analytical methods, ensuring that measurements remain accurate, validated and legally defensible throughout a product's life cycle.

I linked QbD directly to the ICH Q8, Q9, Q10 and Q11 guidelines, demonstrating how these internationally harmonised standards form the scientific foundation of world-class pharmaceutical development programmes. I also shared case studies based on WHO prequalification rejections and NAFDAC dossier deficiencies to illustrate the consequences of poor QbD implementation.

The two presentations were designed to complement each other. The first built scientific understanding, while the second focused on operational capability and regulatory readiness.

The mini-workshop focused on WHO prequalification. Why is this topic crucial for local pharmaceutical manufacturers right now?

WHO prequalification is, in many respects, the ultimate quality benchmark for pharmaceutical products intended for public health markets. It provides access to United Nations agencies, global health initiatives and export opportunities across Africa and beyond. For Nigerian manufacturers, achieving WHO prequalification is not merely a badge of honour; it is a strategic and commercial necessity.

The timing is particularly important. West Africa's pharmaceutical market is projected to exceed $4 billion by 2030, and Nigeria must position itself as a net supplier rather than a net importer. The African Continental Free Trade Area presents a tremendous opportunity for Nigerian-manufactured medicines to reach 54 countries, but this can only happen if quality standards are internationally recognised. Likewise, NAFDAC's regulatory reforms and alignment with WHO standards increasingly favour manufacturers that build quality into their products from the outset.

The workshop centred on a frank assessment of where Nigerian manufacturers currently fall short. The major gaps are not scientific capability, but weaknesses in documentation, data integrity, dossier completeness and sustained quality systems. The ALCOA+ principles - Attributable, Legible, Contemporaneous, Original, Accurate, Complete, Consistent, Enduring and Available - are indispensable, yet failures in data integrity remain among the most common reasons for rejection.

I also highlighted the importance of credible laboratories as the foundation for AI-enabled and internationally recognised quality systems. Manufacturers cannot build credible regulatory dossiers on data generated from laboratories lacking Good Laboratory Practice accreditation or validated methods. The pathway I outlined was simple: build credible laboratories, ensure data integrity, digitise records, leverage artificial intelligence and machine

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Sustainable healthcare requires value creation, entrepreneurial thinking – Ohuabunwa

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come for healthcare professionals to move beyond the traditional perception of healthcare as purely a social service, arguing that sustainability in the sector now depends on innovation, business thinking and value addition.

"I believe that the purpose of this exhibition, first, is to create awareness of our products and services. The second is to create buy-in and get people to decide to buy our products or services, either now or later," he said.

According to him, one of the major challenges in the healthcare sector is the failure of practitioners to recognise the business dimension of their profession.

"One of the challenges we have in healthcare is that we do not see healthcare as a business. Very often, it is seen only as a service, and we are losing our professional skills," he said.

Ohuabunwa noted that although healthcare had historically been treated as a social service, changing global realities have made entrepreneurship an essential component of professional practice.

"Healthcare, education and other services that were once regarded as social services have become businesses. Every profession now has a business component because that is what creates sustainability," he stated.

He warned that dependence on unpredictable public funding systems weakens service delivery and constrains growth in the sector.

"Public service is dependent on unpredictable income. But businesses are supposed to be more predictable," he said.

The former PSN president therefore advocated a shift from traditional professional practice to what he described as professional entrepreneurship, where healthcare providers combine expertise with business strategy to ensure continuity and improved service delivery.

He explained that entrepreneurship is fundamentally about identifying and solving problems, meeting needs and creating value.

"Entrepreneurship is simply a mindset that is constantly asking three questions: Is there a problem to be solved? Is there a need to be met? Is there value to be created?" he said.

Ohuabunwa added that once these questions are properly addressed, value exchange and economic returns naturally follow.

"If you solve a problem, are you likely to get a return for that effort? Yes. If somebody has a need and you are able to provide it, can there be an exchange of value? Yes," he said.

He illustrated value creation with practical examples, noting that transforming raw materials into finished goods increases their worth and market value.

"When you sell a tree standing in the forest, it has little or no value. But when you cut it, process it and turn it into furniture, you have added value. That is entrepreneurship," he explained.

Ohuabunwa further stressed that branding and competitiveness in healthcare should be driven by the ability to solve problems better than existing alternatives.



Mazi Sam Ohuabunwa

"Branding does not start with packaging. It starts with what you have and the value you bring. If your product solves a problem differently, that is what makes it a brand," he said.

He encouraged healthcare entrepreneurs to think long-term and develop clear visions for their businesses, noting that sustainability requires deliberate planning.

"Your vision determines the effort you put behind it. If you want to be number one in 10 years, that vision determines what you do today," he said.

Ohuabunwa also underscored the importance of planning, financial discipline and strategic partnerships in building sustainable ventures. He explained that proper business planning, including cash flow and profit-and-loss projections, helps attract investment and supports long-term growth.

"You need a business plan. You need to show cash flow and profit and loss. That is what you present to investors or banks to fund your business," he said.

Highlighting the importance of collaboration, he noted that partnerships strengthen credibility and improve access to funding.

"If I come alone to ask for investment, it is different from coming with partners. Partnership builds trust," he said.

Concluding his remarks, Ohuabunwa outlined what he described as the "five Ps of business success" as a framework for sustainable enterprise. According to him, the first is purpose, which defines the reason for the business; the second is planning; while the third is perspiration, which represents hard work and smart work.

"The fourth is principle, which is ethics and values. Any business without ethics will fail. And the fifth is profit, because sustainability requires that your business must make returns," he said.

He urged participants, especially young innovators in the health sector, to embrace these principles and adopt entrepreneurship as a pathway to building a resilient and sustainable healthcare system in Nigeria.

Quality by design, Nigeria's key to global pharma space - Onyewuenyi

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learning, and then pursue WHO prequalification. All these begin with applying Quality by Design from the earliest stages of drug formulation.

Aside from knowledge gaps in documentation for WHO prequalification, a major challenge for most local manufacturers is funding. How can they bridge this gap?

This is perhaps the most practical and pressing question, and it deserves a frank answer. Funding is a genuine challenge, but it is not insurmountable. Sometimes, it is used as a reason to postpone actions that can be implemented immediately without significant capital.

There are two dimensions to the issue. The first involves activities that require little or no new investment. Documentation reform, data integrity, standard operating procedures, staff training in GMP and QbD principles, and digitisation of batch records are all achievable immediately. Yet these are precisely the areas in which WHO prequalification applications most often fail.

The second dimension involves capital-intensive requirements such as facility upgrades, analytical instrumentation, environmental controls and manufacturing equipment. Fortunately, several funding avenues exist. The Central Bank of Nigeria operates intervention funds aimed at supporting pharmaceutical manufacturing. Manufacturers should prepare robust business cases and pursue these opportunities. WHO and UNIDO also support manufacturers in developing countries through technical assistance and, in some cases, infrastructure support. Institutions such as the African Development Bank and the Gates Foundation have substantial investments in pharmaceutical manufacturing across sub-Saharan Africa and could support well-structured, QbD-aligned proposals.

Another underutilised option is collaboration among industry, academia and government. Universities provide scientific expertise, manufacturers contribute facilities and production data, while government offers grants. Such models have succeeded in countries such as India, Brazil and South Africa, and there is no reason they cannot work in Nigeria.

Equipment leasing is another practical solution. Manufacturing and analytical equipment do not always have to be purchased outright. Leasing arrangements are becoming increasingly available in Nigeria, making advanced technology more accessible.



Dr Nonye Onyewuenyi

Ultimately, the real question is not whether manufacturers can afford to pursue WHO prequalification, but whether they can afford not to. Achieving WHO prequalification opens the door to United Nations procurement contracts, development agency tenders and export markets that far exceed the opportunities available in the domestic market. The return on investment is substantial and measurable.


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Pharmacy leaders raise concerns over ethical lapses, call for higher standards

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Pharm. Adebayo Gbadamosi, Oyo State ACPN chairman; Pharm. Ambrose Ezeh, ACPN national chairman; Pharm. Olayinka Rilwan Subair, keynote speaker; Pharm. Adewale Oladigbolu, immediate past national ACPN chairman; and Pharm. Adedayo Akala, at the 2026 Oyo State ACPN Summit.

aimed at repositioning community pharmacists for greater relevance in primary healthcare delivery.

Speaking at the event, Pharm. Olayinka Rilwan Subair, a distinguished pharmacist and pharmaceutical industry leader who served as keynote speaker, urged practitioners to strengthen ethical discipline and adopt higher professional standards in response to increasing economic pressures and regulatory scrutiny.

He emphasised that community pharmacy practice must go beyond medicine dispensing to include patient counselling, medication therapy management, screening services, vaccination support and continuous patient follow-up. He further stressed the importance of digital tools, structured documentation and collaborative practice models in improving efficiency and ensuring sustainability in community pharmacy operations.

Also speaking, the guest speaker, Pharm. Anthony Bola Oyawole, former chairman of the Pharmaceutical Society of Nigeria (PSN), Lagos State, and a former aspirant for the PSN national presidency, warned against rising ethical lapses in pharmacy practice, including improper drug sourcing, weak documentation systems and commercial pressures that compromise professional judgement.

Oyawole stressed that supply chain integrity, patient safety and accountability must remain central to pharmacy practice, noting that pharmacists must resist practices that undermine public trust. He also advocated the increased use of technology, inventory management systems and structured patient follow-up mechanisms as tools for improving service delivery and enhancing professional credibility.

The Chairman of the opening ceremony and immediate past National Chairman of ACPN, Pharm. Adewale Oladigbolu, highlighted the increasing regulatory pressures facing community pharmacists, noting that compliance requirements have become more stringent owing to evolving inspection frameworks and enforcement standards.

He warned that failure to adhere strictly to regulatory requirements could expose practitioners to sanctions and reputational damage, urging pharmacists to ensure full compliance with standard operating procedures, proper documentation and continuous professional development.

Speaking in the same vein, the National Chairman of ACPN, Pharm. Ambrose Ezeh, reaffirmed that ethics remains the foundation of pharmacy practice and stressed that pharmacists are entrusted with safeguarding public health through responsible dispensing and adherence to professional codes.

He expressed concern over the proliferation of unregulated drug outlets and unethical practices within the system, adding that the Pharmacy Council of Nigeria has intensified efforts to enforce compliance and sanitise pharmaceutical practice across the country. He called for stronger collaboration between regulators and practitioners to eliminate substandard practices and improve access to quality pharmaceutical services.

In his welcome address, the Oyo State Chairman of ACPN, Pharm. Adebayo Gbadamosi, said the association remains committed to promoting ethical practice, continuous professional development and stronger collaboration among community pharmacists in the state.

He noted that the summit was designed to reposition pharmacists for greater relevance within Nigeria's healthcare system while strengthening adherence to global best practices.

A major highlight of the week-long summit was a masterclass on extemporaneous compounding delivered by Dr Olufunke Akin-Ajani of the University of Ibadan, who provided practical insights into pharmaceutical compounding techniques, quality assurance and the relevance of extemporaneous preparations in addressing specific patient needs.

The session, which also featured Dr Oladapo Adetunji of the Department of Pharmaceutics and Pharmaceutical Technology, Faculty of Pharmacy, University of Ibadan, attracted strong participation from pharmacists and was described as a key capacity-building component of the programme, reinforcing the technical and clinical competencies required in modern community pharmacy practice.

Reals Pharma celebrates 30th anniversary, reaffirms commitment to excellence

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player in the industry. He assured customers and partners that the company would continue to make innovative, high-quality and affordable medicines available.

"We will never depart from our core values of integrity, innovation, passion and customer focus, which have guided us throughout this journey," he said.

The General Overseer of New Testament Assembly, Pastor Samson Bamigbayan, in an exhortation, charged participants to build their lives and businesses on God, stressing that divine solutions always accompany challenges.

"Reals Pharmaceutical Limited was built on God. One thing I know for certain is that if you believe in God and challenges come your way, God has placed a solution somewhere," the cleric said.

Delivering the keynote address titled *"Acid-Related Disorders: The Way Forward"*, Consultant Family Physician at Lagos State University Teaching Hospital (LASUTH), Dr Taiwo Alege, raised concerns over the increasing burden of acid-related disorders and the indiscriminate use of medications without proper medical evaluation.

She explained that conditions such as dyspepsia, gastro-oesophageal reflux disease (GERD), gastritis and peptic ulcer disease are often aggravated by unhealthy lifestyle habits, prolonged fasting, stress, smoking, alcohol consumption and excessive use of pain relievers such as ibuprofen and aspirin. She warned that prolonged use of proton pump inhibitors without medical review had become common and could pose long-term health risks.

The physician noted that symptoms including heartburn, bloating, chronic cough, nausea, vomiting, painful swallowing and abdominal discomfort should not be ignored, as untreated cases could lead to serious complications such as bleeding ulcers, perforation and gastric outlet obstruction. According to her, early diagnosis through appropriate investigations, including endoscopy, alongside lifestyle modifications such as weight control, regular meals, reduced alcohol intake and smoking cessation, remains critical to effective management.

She added that advances in treatment and products such as Dr Fizzo offer patients faster relief and improved outcomes when used appropriately under medical guidance.

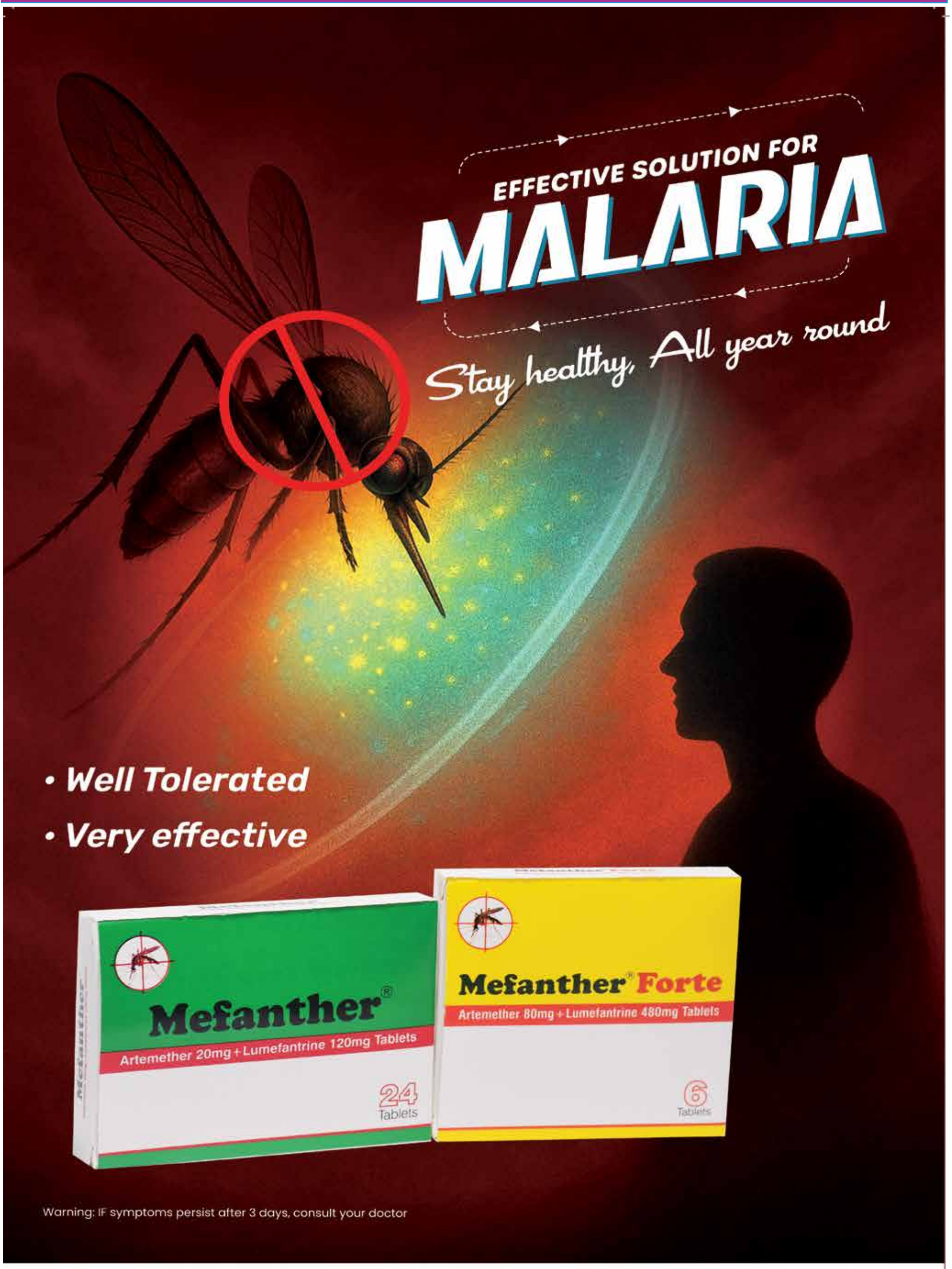
In his remarks, the Chairman of the occasion, Prince Julius Adelusi-Adeluyi, congratulated Pharm. Popoola and the Reals Pharma team on the milestone, describing the company's success as a product of focus, humility and God's grace. He urged the management to remain grateful and steadfast, noting that greater success comes with greater responsibility and the need for continuous dependence on God.

The high point of the celebration was the unveiling of Dr Fizzo, with Prince Adelusi-Adeluyi commending Reals Pharma for introducing what he described as a trusted solution for acid-related disorders.

The company also launched its Reals Small Scale Business Empowerment Initiative, presenting grants of N150,000 each to six small businesses around its corporate headquarters in Ikeja as part of its corporate social responsibility programme.

Long-service awards, with cash rewards ranging from N250,000 to N2 million, were also presented to employees who had spent 10 years or more with the company. Mr Kule Adesoye, who joined the company at inception, received special recognition for his 30 years of dedicated service.

Other dignitaries at the event include the Oloye of Oye-Ekiti, HRM Oba (Sir) Michael Oluwole Ademolaju, Adugbole III, chief executives of pharmaceutical companies, chief medical directors of hospitals and other stakeholders in the health sector.


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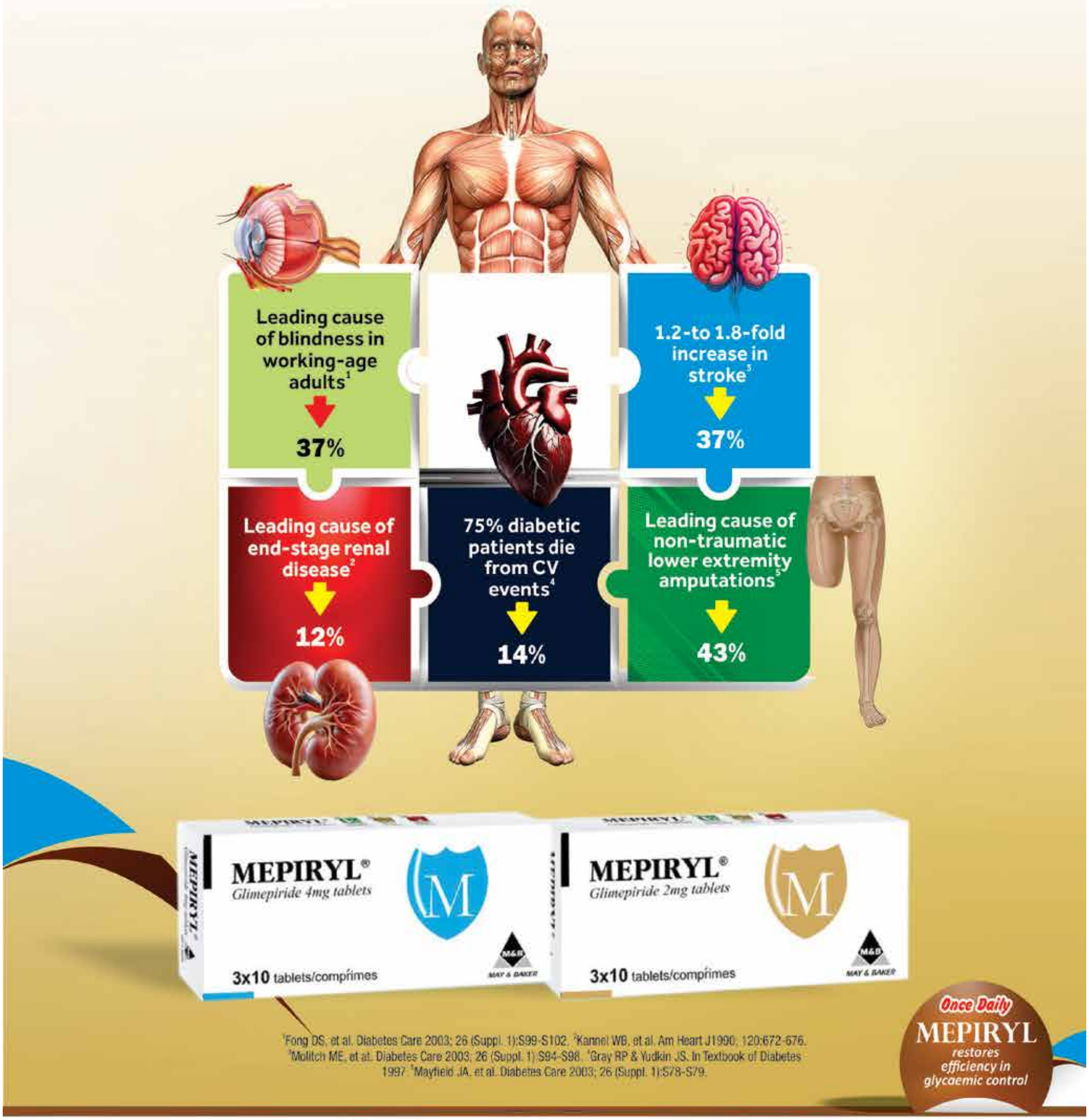
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Pharmacy leaders raise concerns over ethical lapses, call for higher standards

By Adebayo Oladejo

Pharmacy leaders, eminent professionals and other stakeholders in the pharmaceutical sector have called on pharmacists to strengthen ethical practice, deepen regulatory compliance and uphold professional standards in the discharge of their responsibilities.

The call was made at the 2026 Annual Summit of the Association of Community Pharmacists of Nigeria (ACPN), Oyo State Branch, a week-long programme that brought together national and state leaders of the profession, regulators and industry experts to examine evolving trends in community pharmacy practice, ethical challenges, innovation and sustainability within Nigeria's healthcare system.

The summit, themed *"Beyond the Counter: Balancing Professional Ethics, Innovation and Sustainable Growth in a Changing Healthcare Economy"*, held at the Mauve 21 Event Hall, Ibadan, Oyo State, also served as a platform for professional capacity building and knowledge exchange

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L-R: Mr Abbas Virji, Group MD, Shalina Healthcare; Dr Freedman Ita-Lincoln, 3rd place winner (University of Calabar Teaching Hospital, Calabar); Dr Shiru Mariam Motunrayo, 1st place winner (University of Ilorin Teaching Hospital, Ilorin); Dr Oreoluwa Lagunju, 2nd place winner (University College Hospital, Ibadan) and Mrs Opeyemi Akinyele, managing director, Shalina Healthcare Nigeria, during the Shalina Rising Stars Season 5.0 Grand Finale, held at NECA HOUSE, Ikeja, Lagos.

Sustainable healthcare requires value creation, entrepreneurial thinking – Ohuabunwa

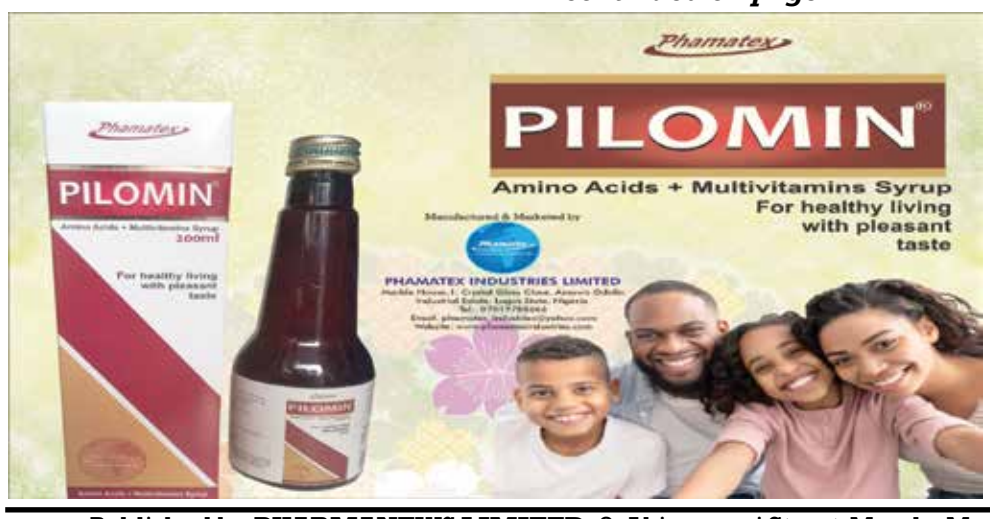
By Ranmilowo Ojalumo

Former President of the Pharmaceutical Society of Nigeria (PSN), Mazi Sam Ohuabunwa, has said Nigeria's healthcare sector can only achieve long-term sustainability if practitioners embrace value creation and an entrepreneurial mindset in service delivery.

Ohuabunwa made the assertion at the 2026 AfriHealth Expo, held recently in Lagos, with the theme: *"Healthcare Entrepreneur and Mentorship: Guiding the Next Generation of Health Innovators."* He said he looked forward to seeing healthcare enterprises become profitable and sustainable.

He noted that the time had

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