Eminent pharmacist and former Minister of Health, Prince Julius Adelusi-Adeluyi, has charged Nigerian pharmacists to imbibe “diligent professionalism” while creatively seeking positions of influence and authority in the society. This way, he says, pharmacists will be better placed to positively influence the formulation and implementation of policies that “will liberate our people from the shackles of ill-health and poverty. Policies that will benefit our people.” Going into politics, he exhorted, is one great and practical way to achieve this.

Adelusi-Adeluyi made this call while speaking with Pharmanews in a special interview, as part of activities to mark his 80th birthday anniversary coming up in August.

He noted that the vast and multi-faceted training which pharmacists receive in school, ideally puts them in a position of managerial advantage, which unfortunately, Nigeria is yet to fully optimise.

The former health minister, who is the founder and promoter of Juli Plc, the first indigenous company to be quoted on the Nigerian Stock Exchange, particularly decried the poor attention given to pharmaceutical research in the country.

He emphasised that pharmaceutical research needs to be urgently prioritised by government and society, if we are to continue on page 19.
Celebrating 41 Years of Uninterrupted Monthly Publication (1979-2020)

No one regrets advertising in Pharmanews

Inspirations

"I have discovered that you will achieve nothing if you pursue everything. Be specific and stay focused." — Israelmore Ayivo

"There is only one way to success, wealth and achievement and that is through a lot of hard work." — John Patrick Hickey

"Don’t limit yourself by what you’ve achieved. All your past achievements are only stepping stones for the greatness to come." — Lashawnda Jones

"Don’t let others tell you what you can’t do. Don’t let the limitations of others limit your vision. If you can remove your self-doubt and believe in yourself, you can achieve what you never thought possible." — Roy T. Bennett

"How much you can learn when you fail determines how far you will go into achieving your goals." — Roy Bennett

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. — Dale Carnegie

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do. — Pele

If you set goals and go after them with all the determination you can muster, your gifts will take you to places that will amaze you. — Les Brown

“When your desires are strong enough, you will appear to possess superhuman powers to achieve." — Napoleon Hill
The furor making the rounds in the pharmacy profession over the recent appointment and subsequent inauguration of Prof. (Pharm) Ahmed Tijjani Mora as the chairman of the newly constituted Governing Board of the Pharmacists Council of Nigeria (PCN) by the federal government is one that should give every practitioner and stakeholder in the profession some serious concern. It would be recalled that ever since Mora, a former registrar of the Council, was selected for the position in 2019, the Pharmaceutical Society of Nigeria (PSN) has vehemently opposed the decision, citing allegations of abuse of office, during his time as registrar, among other infractions.

Things got to a crescendo when, in an open letter sent to President Muhammadu Buhari on 14 June, the PSN further reiterated the reasons it considers Mora to be ethically unsuitable to head a body that is constitutionally empowered to regulate all aspects of pharmacy practice in the country. As should be expected, Mora, on his part, is equally aggrieved, insisting that his image is being maliciously and unjustly maligned.

It is important to establish that the issue between the PSN and Mora is not a recent development; it has been on as far back as 2009. We wish to emphasise, however, that, as things stand, the debacle has gone beyond the PSN and Mora; it is now affecting the relationship between the PSN and the PCN, the two bodies that have the power and responsibility of shaping the destiny of Pharmacy in Nigeria and dictate the conduct of its practitioners. Consequently, there is the impression that the Pharmacy family in Nigeria is in disarray, especially with the dimension the conflict has assumed.

Anyone who needs a further confirmation of the above assertion only needs to sample the opinions of pharmacists on the current leadership crisis. Going by what we have been able to gather from our vantage position, this crisis is becoming a seabed for acrimony and balkanisation among pharmacists and is being watered by innuendos of tribalism and sectionalism. This is not good for a respectable and honourable profession.

Let it be noted again that this is strictly a pharmacy family issue, which can be resolved in-house and must be resolved speedily, considering the timing and the potential implications. Indeed, the timing of this dispute is insensitive because the nation is currently in the throes of a health crisis. Moreover, it is coming up at a time when pharmacists are demanding recognition from the government for the gallant role they have been playing since the COVID-19 pandemic began. This, definitely, is bound to put a spanner in the works and make pharmacists efforts to be further undermined.

But beyond the wrong timing are the potential consequences, if this crisis is allowed to fester further. First, it will terribly debilitate the effectiveness of pharmacists as a group of unorganised professionals fighting a battle of attrition when they should be working together to proffer solutions to the pharmacological needs of a nation at the crossroads of COVID-19. Second, it will severely debilitate the robust spirit of camaraderie for which the illustrious profession has been known and portray pharmacists as a group of other professionals fighting for charlatans and other enemies of Pharmacy before the public. It will, in fact, dent the pharmaceutical service delivery at loggerheads, the quality of practitioners and their regulator of a health crisis. Moreover, it will be hampered and Nigerians will suffer needlessly. Again, such disharmony gives opportunity for charlatans and other enemies of Pharmacy to wreak further havoc on it. Last but not least, it sets a bad example for the younger generation of pharmacists.

In view of these weighty implications, we call on Pharm. Mora to, as a matter of urgency, reach out to the leadership of the PSN and, in the spirit of true brotherliness, proffer reconciliatory options. The new PCN chairman must, in heeding the apt advice given by the Minister of Health at his inauguration, as well as the promise he himself made, always remember that the PSN is his primary constituency and should relate with them with every sense of humility and temperance. The leadership of an entire professional body cannot continue to be in disagreement with a single individual.

We also call on the PSN to, in the interest of Pharmacy, give Mora another chance, once he fulfils his promise of taking sincere steps towards reconciliation. Anyone can change for the better, and sometimes what triggers such a positive change is the burden of higher responsibility. Thus, Mora should not be written off as incorrigible.

Most importantly, we call on the elders of the pharmacy profession to quickly intervene and restore harmony between the leaderships of the PCN and the PSN. Their wealth of experience would be needed at such a trying time as this. This is not the time to take sides but to consider that the very soul of Pharmacy in Nigeria is currently at stake. As the popular adage says, the elders cannot sit idly in the marketplace while the head of a baby is harmfully positioned. The time to resolve this imbroglio is now.

The leadership of an entire professional body cannot continue to be in disagreement with a single individual.

We also call on the PSN to, in the interest of Pharmacy, give Mora another chance, once he fulfils his promise of taking sincere steps towards reconciliation. Anyone can change for the better, and sometimes what triggers such a positive change is the burden of higher responsibility. Thus, Mora should not be written off as incorrigible.

Most importantly, we call on the elders of the pharmacy profession to quickly intervene and restore harmony between the leaderships of the PCN and the PSN. Their wealth of experience would be needed at such a trying time as this. This is not the time to take sides but to consider that the very soul of Pharmacy in Nigeria is currently at stake. As the popular adage says, the elders cannot sit idly in the marketplace while the head of a baby is harmfully positioned. The time to resolve this imbroglio is now.

The leadership of an entire professional body cannot continue to be in disagreement with a single individual.

We also call on the PSN to, in the interest of Pharmacy, give Mora another chance, once he fulfils his promise of taking sincere steps towards reconciliation. Anyone can change for the better, and sometimes what triggers such a positive change is the burden of higher responsibility. Thus, Mora should not be written off as incorrigible.

Most importantly, we call on the elders of the pharmacy profession to quickly intervene and restore harmony between the leaderships of the PCN and the PSN. Their wealth of experience would be needed at such a trying time as this. This is not the time to take sides but to consider that the very soul of Pharmacy in Nigeria is currently at stake. As the popular adage says, the elders cannot sit idly in the marketplace while the head of a baby is harmfully positioned. The time to resolve this imbroglio is now.

The leadership of an entire professional body cannot continue to be in disagreement with a single individual.

We also call on the PSN to, in the interest of Pharmacy, give Mora another chance, once he fulfils his promise of taking sincere steps towards reconciliation. Anyone can change for the better, and sometimes what triggers such a positive change is the burden of higher responsibility. Thus, Mora should not be written off as incorrigible.

Most importantly, we call on the elders of the pharmacy profession to quickly intervene and restore harmony between the leaderships of the PCN and the PSN. Their wealth of experience would be needed at such a trying time as this. This is not the time to take sides but to consider that the very soul of Pharmacy in Nigeria is currently at stake. As the popular adage says, the elders cannot sit idly in the marketplace while the head of a baby is harmfully positioned. The time to resolve this imbroglio is now.

The leadership of an entire professional body cannot continue to be in disagreement with a single individual.

We also call on the PSN to, in the interest of Pharmacy, give Mora another chance, once he fulfils his promise of taking sincere steps towards reconciliation. Anyone can change for the better, and sometimes what triggers such a positive change is the burden of higher responsibility. Thus, Mora should not be written off as incorrigible.

Most importantly, we call on the elders of the pharmacy profession to quickly intervene and restore harmony between the leaderships of the PCN and the PSN. Their wealth of experience would be needed at such a trying time as this. This is not the time to take sides but to consider that the very soul of Pharmacy in Nigeria is currently at stake. As the popular adage says, the elders cannot sit idly in the marketplace while the head of a baby is harmfully positioned. The time to resolve this imbroglio is now.
Your number one priority

By Sir Ifeanyi Atueyi

We always have important priorities but definitely some are more important than others. For example, what can we do without good health? It is so important that businessmen who want to succeed must first take care of their health. If not, the business will not receive the optimum attention and may be adversely affected. Proverbs 23:4 counsels, “Don’t wear yourself out trying to get rich. Be wise enough to know when to quit.”

Some people think that financial security is their number one priority because without money you can’t achieve any meaningful thing. Indeed, Ecclesiastes 10:19 says, “…Money is the answer for everything…” NIV. Some consider children, family and relations their number one priority. Of course, Psalm 127:3-6 says that “children are a heritage from the Lord...like arrows in the hand of a warrior, so are the children of one’s youth. Happy is the man who has his quiver full of them.”

Most, if not all of us in businesses, professions and politics are attracted to things like power, fame, prestige and control. Everyone desires to excel and to be known and become powerful and influential. Generally, we put a lot of emphasis on these things and work hard to achieve them. Most people in the marketplace place their greatest priority on acquiring wealth. Our time and energy are devoted to how to make more money and acquire possessions like mansions, luxury cars, investments and heavy accounts in local and foreign banks and so on. The world classifies you as successful when you’ve acquired great wealth.

There is really nothing wrong with being successful. After all, God has promised certain kinds of success to continually put Him first and obey His Word. Joshua 1:8 says, “Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” In other words, being committed to obeying God’s Word is the sure way to be successful. Jesus himself says in Matt 6:33(NKJV), “Therefore, do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Seeking the kingdom of God and His righteousness means turning to God first for help, filling your thoughts with His desires, and taking His character for your pattern. It means serving and obeying Him in everything.

Don’t allow your needs, wants and desires to compete for this number one priority. Any of these can displace God out of the first place in your life if you don’t actively determine to give Him the first place in every area of your life. We must prioritize our activities and consider the ones with eternal values. For instance, daily prayers and Bible study are sine qua non for a seeker of God’s Kingdom. How can we grow spiritually if we neglect these basic habits? Unfortunately, many pursuits and demands of our businesses tend to squeeze prayer and Bible study times out of our schedules. No wonder we are just running the rat race which is an endless, self-defeating pursuit. Leaving out God’s time in our daily routines is a sure cause for failure in our endeavours. Job 8:11-13 (NIV) says, “Can the papyrus grow up without marsh? Can the reeds flourish without water? While it is yet green and not cut down, it withers before any other plant. So are the paths of all who forget God…”

Thanks for your patronage
Pharmanews has advanced in all areas - Egbruobi

We, at Elbe, felicitate with Pharmanews on your 41 years of impactful and uninterrupted monthly publication services to the pharmaceutical community in Nigeria. We are proud of your achievements, as you have established an exemplary quality of presentation with wide coverage of relevant content. We join hands with you on the shared vision of moving pharmaceutical practice in Nigeria to greater heights. Happy celebration.

- Elbe Pharma Nigeria Ltd.

We are proud of Pharmanews – Elbe

We, at Elbe, felicitate with Pharmanews on your 41 years of impactful and uninterrupted monthly publication services to the pharmaceutical community in Nigeria. We are proud of your achievements, as you have established an exemplary quality of presentation with wide coverage of relevant content. We join hands with you on the shared vision of moving pharmaceutical practice in Nigeria to greater heights. Happy celebration.

- Elbe Pharma Nigeria Ltd.

Pharmanews provides excellent service to healthcare profession

Hurrah! Hurrah! Pharmanews is 41! On 1 October, 2019, we celebrated the 40th anniversary of the birth of Pharmanews with pomp and pageantry. That event also coincided with the 80th birthday of the publisher, Sir Ifeanyi Atueyi. In May 2020, Pharmanews became 41.

Pharmanews, like good wine, has matured with time. It is no surprise that the journal has continued to collect all the accolades in its class of journalism. It is my pleasure therefore to congratulate a Sir Ifeanyi Atueyi and staff of Pharmanews for their achievement thus far and wish them many more years of excellent service to the healthcare profession.

- Pharm. Eugene Chibuzo Okonkwo

Pharmanews impacts health sector and larger society - Biomedical

On behalf of the management of Biomedical Ltd (pioneering manufacturers of intravenous fluids in Nigeria), I have the great pleasure in conveying our sincere congratulations and best wishes to the founder, Pharm. Ifeanyi Atueyi and family; staff and management of Pharmanews Ltd, on this auspicious 41st anniversary celebration of the Pharmanews journal. We salute your efforts, energy and resourcefulness towards impacting the healthcare sector and the larger society through your vision of being the publisher of the world’s leading health journal.

In the light of the above, we join your friends, business associates, clients and other well-wishers to recognise your stewardship and hereby salute you for this milestone. Please once again accept our congratulations, prayers and assurances of our continued patronage.

Best wishes

Pharm. Watson A Olojo
Marketing Manager
Biomedical Ltd
In the final analysis, there will be a new phase and that new phase will be awesome! Always know and appreciate that life is a gift. The more we create life, the more we get the best from it. The gift of life is the beginning of success. Life gives everyone the opportunity to begin again. It gives us the opportunity to succeed. Life is Beautiful.

Keep the dream alive

In the final analysis, people who will achieve their goals are folks who took their intents to new heights. It is about the actions we took and not about the beautiful wishes we accumulated within. It is about fighting on, not about the beautiful excuses we allowed.

In the final analysis, the things that will matter are the dreams we accomplished, the lives we touched, the goals we achieved, and the mission we sustained. Nobody cares to know the beautiful excuses that affected the desired results. Nobody cares to celebrate the reasons that stopped the goals.

Don’t forget who you are

In all, always believe you are unique. You are created to be outstanding. Challenges shouldn’t define who you are. The good thing is that God has given us life and we have it to turn things around for good. Man is a co-creator. Man is a small god! Yes, we are. Yes, we can do a lot of things if we believe and act.

Keep moving, don’t stop

In the final analysis, the things that will matter are the things we made to work. The things that will count are the miles we are willing to travel to make our dreams come to reality. In the final analysis, what matters is that we have decided to take our lives and careers to new heights by investing all the efforts that will take us to our destinations. We will reach our destinations. We won’t be stuck on the way.

The current situation may have made a lot of folks to experience the tough side of life. Yes I know, but keep moving forward and keep believing. Winston Churchill once said, “If you are going through hell, keep going.” Ours isn’t hell; ours is a challenge that will come and go. I am very positive that we will overcome.

No excuses

No matter the situation, don’t allow excuses for failure! Excuses and success are two worlds apart. They trade in different markets. They belong to different families. Excuses and success belong to different masters! If you want to succeed in life and in your career, quit excuses now and take apt action! Situations, conditions or environmental factors aren’t enough reasons to fail. People still discover water in Sahara Desert. Salesmen are still selling near Sambisa Forest!

Hold on to the God factor

Please don’t forget the God factor. If we do what we can do, God will do what we cannot do. I agree with Joyce Meyer in this thought.

I join my faith with yours to speak that, as we do our best to achieve the best for the remaining part of the year, God will keep us and give us extraordinary ideas, energy and strategies. We shall not die. We shall live and accomplish our missions in life.

May God who blesses every good work remember us for His favours. May the works of our hands speak for us before kings and the mighty. May we succeed all the time. Amen.

Let’s win together!

George O. Emetuche, CES, is a Brian Tracy endorsed best-selling author, accredited training consultant, life coach, sales and marketing expert.

Note: Our Worldclass Masterclass in Enugu tagged: “Making of The Selling Champion” is postponed indefinitely because of Covid19. Registration is still on. Please reach us for further information, 08186083133, 07060559429, or visit www.thesellingchampionconsulting.com.
THE LAUNCH OF PHARMANEWS: WAVE OF RAVES...AND RAGE

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

Continued from last edition

In what may be considered the most dramatic demonstration of the hand of God upon Pharmanews, the 12-page maiden edition (black and white, with the exception of the masthead) came out in May, 1979.

The publication, entitled “THE FEDERAL CHIEF PHARMACIST SPEAKS”, featured the extensive interview I had with Dr Philip Enam, the newly appointed federal chief pharmacist. The inner pages contained such news items as the need for clarifications on the vision of the pharmacist by encouraging pharmacists to do the things expected of them, the like of Bruno Nwankwo (a fellow pharmacist) and Eugene Maduneme (a pharmacy student), Chief E. O. Igweze, and Emma Osojuri and so on.

I was overwhelmed by the tremendous amount of encouragement, genuine interest of pharmacists, demonstration by all towards Pharmanews.

Bona Obiorah as adviser to the Federal Chief Pharmacist. The overall effect that the birth of Pharmanews had on pharmacists was a way of challenging the PSN – and thus something must be done about it.

With that, Pharmanews was left off the hook and spared any sanction. However, it is noteworthy that since that 1979 (40 years ago), editors-in-chief of the PSN journal or any other journal destined to give recognition to the annual conference of the PSN have served as editors-in-chief of the PSN journal but none has started his own publication. Thus, I believe it is only right that the birth of Pharmanews was not of man’s making. I was an inevitable circumstance and it was not possible to put it in motion.

The readers were filled with congratulatory messages on everywhere at the venue. The early editions of the PSN journal were going nowhere because they considered it a serious competitor or even a threat to the PSN journal. To me, of course, there were those whose displeasure was driven by sheer jealousy. Any successful initiative or project must attract the envy of some people.

I must say, though, that in the case of colleagues who considered Pharmanews a competitor to the PSN journal, I registered my reaction as purely instinctive. It’s what anyone could have done. This is especially so, considering the interval between the publication of the PSN and the time I started Pharmanews. They did not know that the PSN journal was going to be done to publicise the Annual General Meeting (AGM). Pharmanews was an item on the agenda of the PSN AGM. Any presence at the meeting, voices of opposition were raised against the publication of any saying that some thing of challenging PSN must be done. It was an article in the way of raising some voices on my behalf who said it was unjustifiable for present or past individual or group steeling its operation whatever private business he wished to run – especially since he hadn’t been a pharmacist. It was also the case of colleagues who considered Pharmanews a competitor to the PSN journal.

Things, however, got to a crescendo in November of that year, during the annual conference of the PSN, which was held in Kaduna. I carried hundreds of copies of Pharmanews to the Durbar Hotel venue of the conference for distribution. You might think this a dangerous thing considering the undercurrents of opposition to the publication. But it was such a strategic move which compelled me to make. The key reason was the prospect of massive publicity for Pharmanews which the conference presented.

The annual PSN conference is the largest gathering of pharmacists in the country, and often provides a good opportunity to reach those who might have been unreachable through any other means. I knew that not all pharmacists in the country would have known about Pharmanews as at then. Therefore, I decided that distributing free copies of the publication to every participant and making it available at will was worth any risk that might arise.

True to my calculations, Pharmanews got more exposure at the conference than I had imagined, with many colleagues seeing the publication for the first time and expressing their delight and support. Comments on what was done about Pharmanews on everywhere at the venue. At the same time, however, there were voices raised some on my behalf who said it was unjustifiable for present or past individual or group steeling its operation whatever private business he wished to run – especially since he hadn’t been a pharmacist. It was also the case of colleagues who thought that the publication was going nowhere because they considered it a serious competitor or even a threat to the PSN journal. To me, of course, there were those whose displeasure was driven by sheer jealousy. Any successful initiative or project must attract the envy of some people.

I must say, though, that in the case of colleagues who considered Pharmanews a competitor to the PSN journal, I registered my reaction as purely instinctive. It’s what anyone could have done. This is especially so, considering the interval between the publication of the PSN and the time I started Pharmanews. They did not know that the PSN journal was going to be done to publicise the Annual General Meeting (AGM). Pharmanews was an item on the agenda of the PSN AGM. Any presence at the meeting, voices of opposition were raised against the publication of any saying that some thing of challenging PSN must be done. It was an article in the way of raising some voices on my behalf who said it was unjustifiable for present or past individual or group steeling its operation whatever private business he wished to run – especially since he hadn’t been a pharmacist. It was also the case of colleagues who considered Pharmanews a competitor to the PSN journal.
Heroes of Healthcare

Dayo Olakulehin: The foresighted innovator and entrepreneur

By Solomon Ogibe

About five to 15 percent of patients with COVID-19 infection require intensive care surveillance and ventilator support. Ventilators, the machines used to pump oxygen into the lungs of critically ill patients experiencing breathing difficulties, are important because patients’ blood oxygen saturation level has to be maintained to offer them the best chance of survival.

However, this essential device is in short supply. Indeed, in Nigeria with a population of over 200 million people, there are fewer than a thousand ventilators available. According to GlobalData, a data and analytics company that specializes in medical transaction and clinical information, about 880,000 ventilators are required globally amid the COVID-19 pandemic.

However, in 2016, long before the COVID-19 outbreak, a young medical doctor named Dayo Olakulehin had already developed a locally made ventilator (D-Box) to give patients with respiratory failure a better chance of survival.

Dayo Olakulehin is a medical doctor, entrepreneur, inventor, founder and creative director at LigandCorp. He has dedicated his life and career to innovating medical solutions, especially for use in health facilities in developing nations.

Olakulehin, a first-class graduate of his University of Cambridge Local Examination Syndicate Advanced Level Certificate and was the best graduating student.

The D-Box is different because it is less sophisticated and less costly, and obviously designed with developing economies in mind.

The experiences led Olakulehin to develop the portable ventilator called D-Box. The D-box is a device, about the size of a microwave oven, which automates the process of compressing a CPR (Cardio Pulmonary Resuscitation) bag. Essentially an automatic ventilator, it eliminates the need for manual work (human effort) in compressing the bag. It comes with a rechargeable battery, is portable and obviously designed with developing economies in mind.

The D-Box is different because it is less sophisticated and less complex than regular ventilators.

Background and education

Dayo Olakulehin had his secondary education at the Command Day Secondary School Roja, Lagos, from 1997 to 2003. After graduating from secondary school, he proceeded to Chrisland College, Lagos from 2004 to 2005, where he received his University of Cambridge Local Examination Syndicate Advanced Level Certificate and was the best graduating student.

In 2006, Olakulehin gained admission to study Medicine and Surgery at the College of Medicine, University of Lagos. He graduated with a Bachelor of Medicine and Surgery (MBBS) degree in 2011. After graduation, Olakulehin proceeded for his medical housemanship at LUTH in 2012. He was mobilized for his national youth service in March 2013 and served as a resident medical officer at CMG, Randle Road. After his youth service, he moved to Lagoon Hospitals where he worked at the JCI (Joint Commission International) accredited health facility as a medical officer.

After about three years of nurturing his idea of the D-Box portable ventilator, he decided to make it a reality. Since he was trained as a general physician, he did not know much about business, patenting or developing innovations. This led him to enroll for his master’s degree in Innovation and Entrepreneurship at the McMaster University from 2016 to 2018.

It was within this period that he met with Mr. Kunle Soriyin and Thelma Ekiyor of Afrigrants. They were able to connect with Olakulehin’s vision and decided to partner with him. This led to the founding of LigandCorp, a healthcare innovation and medical devices company. Thus, Olakulehin’s shifted his paradigm from focusing on one product idea to creating a company that drives medical innovation.

After the formation of LigandCorp, the search for a prototype developer began and while in Canada pursuing his master’s degree, a collaboration was formed with Inertia, an engineering and design company, who committed to partnering with LigandCorp and worked hard to get the prototype ready.

Inertia Engineering has a proven track record of building specialized products and has a proven track record of building specialized products, especially for the medical system, Dr Olakuleyin’s collaboration with Inertia was a milestone that could potentially save millions of lives worldwide, particularly in resource-limited health systems common in developing countries.

Olakulehin’s ultimate goal is to produce at least one D-Box on every emergency tray in the world, from sick bays, to company clinics, to public spaces, to health facilities, to military camps, and everywhere else. The fact that it’s the cheapest ventilator available on the market (its introductory price is pegged at $300) makes this vision all the more possible.

Dr Dayo Olakulehin

It is portable, cheaper, and easier to handle. While the big teaching hospitals have five to six units of ventilators that are electricity-dependent and sensitive, the D-box can work on battery power for 8-12 hours.

The D-Box, however, isn’t meant to replace standard ventilators which exist for critical intensive care. It is being introduced to improve the quality of care that is available to the patient.
In the last edition, we discussed five out of the 12 fundamental pillars of the F-12 theory in crisis management. We shall continue from the sixth point in this edition.

**Funds**

Demand for funds is usually high during crisis, especially because there would be a depletion of it for obvious reasons. Part of what you have to occupy your mind with, especially as a business person, is how to position yourself or reinvent yourself at a vantage point favoring the demand push. It is a given that some employers will downsize or opt for salary slashes. If you find yourself in the middle of any of these, do not freak out - reposition. How would that be done? Start by asking questions from sources you know can assist.

**Freedom**

The COVID-19 pandemic, for example, has informed the decision of global and national leaders to impose movement restrictions. Many countries have been on lockdown for either 24 hours or less, allowing only essential service providers the luxury of moving within states. Even when the lockdown was gradually relaxed in Nigeria, it was clear that the “new freedom” gradually relaxed in Nigeria, it was clear that the “new freedom”

**Faith**

It is quite amazing how vulnerable humans can be, especially when life is threatened. It's just a sedex response. One aspect of humans that is a cyansure of focus is the belief system. People are open to believe almost anything out of desperation for what works - be it spiritual or secular succour. Again, it's your duty to ensure that your trust leans on what you have tested in the past and hasn’t failed you to start with. Putting confidence on speculations is not advisable. Get knowledge from relevant and authentic authorities before putting all your eggs in one basket.

**Friendship/Fellowship**

One very powerful tool that you can leverage during crisis is quality relationships you have built before crisis. The summation of life itself is about relationship. If you run out of funds, one of the options available to you is to reach out to others. I am talking about the options available to you is to reach out to others. I am talking about the options available to you is to reach out to others.

**Fame**

Take it or leave it, some are bound to become famous at a period like this, either because they are at the forefront of the fight against the crisis, warranting that their names and details be displayed on all various media; or because they have some kind of solution, worthy of attention. This may not be your priority at this period but if you desire such, then you must think of bringing forth a solution that will be relevant at this time to attend to the needs of humanity.

**Fees**

It is common to find people trying to abdicate their financial responsibilities, blaming their predicament on the supposed ineptitude of the government or the impact of the crisis. This may appear, it does not change the fact that fees still need to be paid. You can apply for more time to settle your bills or ask for discounts; but a blatant dereliction of financial commitments is not the way to go.

**Fortune**

No doubt, very many businesses have been hit financially during this crisis. At the same time, there are some people that are still smiling to the banks. At times, it’s not so much about selling what you have but what the customer or client needs and is willing to pay for.
Malact®
Dihydroartemisinin 40mg / Piperaquine phosphate 320mg

Get it right with Malact!

Your Effective Treatment For Uncomplicated Malaria

Strong evidence supported by clinical research

- Trusted Source
- Less Treatment Failure
- Reliable Efficacy
- Better Post-Treatment Protection
- Single-Daily Dose Regimen
Gastroesophageal reflux disease, or GERD, is a digestive disorder that affects the lower oesophageal sphincter (LES), the ring of muscle between the oesophagus and stomach. Many people, including pregnant women, suffer from heartburn or acid indigestion caused by GERD. GERD can also be referred to as a common disorder globally, with prevalence and severity of symptoms as well as complications, varying according to ethnic and geographical locations.

Heartburn, also called acid indigestion, is the most common symptom of GERD and usually feels like a burning chest pain beginning behind the breastbone and moving upward to the neck and throat.

While the paucity of data has made it somewhat difficult to establish the degree of GERD prevalence in Nigeria, an hospital-based study conducted by members of the Association of Resident Doctors, University College Hospital, Ibadan, Nigeria, found that there is a moderate prevalence of the disorder among adults in Ogbomoso, southwest Nigeria, with a significant association between increasing age and GERD.

Experts have also associated the disease with a condition called hiatal hernia. They opined that in most cases, GERD can be relieved through diet and lifestyle changes; however, some people may require medication or surgery, they revealed.

What is gastroesophageal reflux? Gastroesophageal reflux refers to the stomach and oesophagus. Reflux means to flow back or return. Therefore, gastroesophageal reflux is the return of the stomach’s contents back up into the oesophagus. In normal digestion, the lower oesophageal sphincter (LES) opens to allow food to pass into the stomach and closes to prevent food and acidic stomach juices from flowing back into the oesophagus. Gastroesophageal reflux occurs when the LES is weak or relaxes inappropriately, allowing the stomach’s contents to flow up into the oesophagus. The severity of GERD depends on LES dysfunction as well as the type and amount of fluid brought up from the stomach and the neutralizing effect of saliva.

Types of heartburn/GERD Gastroesophageal reflux disease is broadly classified into two groups, on the basis of endoscopy findings: that which involves oesophageal mucosal damage (erosive esophagitis and Barrett’s oesophagus) and the one in which there is no mucosal damage (endoscopy-negative reflux disease or nonerosive reflux disease, NERD).

Traditionally, GERD had been approached as a spectrum disease, with NERD at the mild end and complicated GERD (stricture, Barrett’s oesophagus, or adenocarcinoma) at the other end of the spectrum. However, emerging evidence indicates that the vast majority of NERD and erosive esophagitis (ER) patients remain within their respective GERD groups throughout their lifetime. The new paradigm proposes that the genetic makeup of each individual subject exposed to similar environmental factors may ultimately determine the specific phenotypic presentation of GERD. In other words, GERD phenotypes once determined, remain true to form. NERD patients have been sub-classified into three types on the basis of the results of 24-hour pH evaluation:

- **Type 1:** Patients who demonstrate an abnormal acid exposure time in a manner similar to those with erosive esophagitis.

- **Type 2:** Patients with a normal acid exposure time, but...
Nigeria accounted for 25% of malaria cases globally in 2017.

Shal’Artem
Artemether + Lumefantrine

If you feel sick, it is best to consult a doctor or visit your nearest pharmacy.

WHO guidelines for the treatment of uncomplicated Plasmodium malaria recommend the use of artemisinin-based combination therapy (ACT). Artemether & lumefantrine is an ACT, recommended as 1st line treatment by WHO for its high efficacy and safety.

New formulation of Iron fortified with Zinc, Vitamins and Minerals
HEMOFORCE Forte
Can be taken with Food, Milk and Juice

Indication:
Recommended for Women during Pregnancy, Lactation and Anemia due to excessive blood loss during menstruation.

Specially fortified for the woman

Specialized Blood Tonic For Immediate Post Malaria Anemia Treatment
HEMOFORCE PLUS

The Blood BUILDER For Post Malaria Anemia

*Source: FAC - Ferric Ammonium Citrate
**Disease of the Month**

with symptoms and reflux events that are significantly correlated, suggesting acid hypersensitivity. This is also referred to as “the hypersensitive oesophagus”.

Type 3: Patients with typical reflux symptoms, but normal pH studies, and no correlation between symptoms and acid exposure. Within this group are 2 subgroups; namely: those who respond to proton pump inhibitor therapy and those who do not respond. The latter subgroup represents functional heartburn (according to Rome III guideline).

A combination of conventional oesophageal pH monitoring and intraluminal impedance monitoring now offers the opportunity to detect acid and non-acid reflux and their association with symptoms.

Using this technique, NERD patients with normal pH studies were found to have a positive symptom association for acid reflux in 15 per cent but also a positive association for non-acid reflux in 12 per cent of patients.

**Role of hiatal hernia in GERD**

Some doctors believe a hiatal hernia may weaken the LES and increase the risk for gastroesophageal reflux. Hiatal hernia occurs when the upper part of the stomach moves up into the chest through a small opening in the diaphragm (diaphragmatic hiatus).

The diaphragm is the muscle separating the abdomen from the chest. Recent studies show that the opening in the diaphragm helps support the lower end of the oesophagus. Many people with a hiatal hernia will not have problems with heartburn or reflux. But having a hiatal hernia may allow stomach contents to reflux more easily into the oesophagus.

Coughing, vomiting, straining, or sudden physical exertion can cause increased pressure in the abdomen, resulting in hiatal hernia. Obesity and pregnancy also contribute to this condition. Many otherwise healthy people aged 50 and over have a small hiatal hernia. Although considered a condition of middle age, hiatal hernias affect people of all ages.

Hiatal hernias usually do not require treatment. However, treatment may be necessary if the hernia is in danger of becoming strangulated (twisted in a way that cuts off blood supply) or is complicated by severe GERD or oesophagitis (inflammation of the oesophagus). The doctor may perform surgery to reduce the size of the hernia or to prevent strangulation.

**Risk factors for heartburn/GERD**

In Nigeria, increased consumption of cola and coffee by medical students in order to stay awake to read for examinations was associated with an increased prevalence of GERD. One study showed that an initial diagnosis of either GERD or irritable bowel syndrome raised the risk of a subsequent diagnosis of the other three-fold.

Gastroesophageal reflux disease is frequently found in patients with connective tissue disease, especially scleroderma, as well as patients with chronic obstructive airway disease. In addition, a number of common drugs and hormonal products have been associated with GERD. These include anticholinergics, benzodiazepines, calcium channel blockers, dopamine, nicotine, nitrates, theophylline, oestrogen, progesterone, glucagon, and some prostaglandins. Heartburn is a very common gastrointestinal manifestation of pregnancy.

**Symptoms of heartburn/GERD**

Heartburn, also called acid indigestion, is the most common symptom of GERD and usually feels like a burning chest pain, beginning behind the breastbone and moving upward to the neck and throat. Many people say it feels like food is coming back into the mouth leaving an acid or bitter taste. The burning, pressure, or pain of heartburn can last as long as two hours and is often worse continued on page 15
Driving excellence in pharmaceutical manufacturing

Building partnerships in the African market

Telstar is your expert partner in pharmaceutical facilities & critical process equipment

360° Solutions

- Integrated turnkey engineering & construction projects for Oral Solid Dosage (OSD) and Small & Large Volume Parenteral process facilities
- Advanced pharmaceutical process equipment & integrated solutions in isolation technology systems, sterilization and freeze-drying applications
- GMP Consultancy service for regulatory compliance
- IT solutions for regulated processes & logistics management
- Enabling Pharma 4.0 Transformation: innovative smart developments in the process analytical technology field & integrated process equipment
- International Subject Matter Experts in Engineering & Construction
- Support in search for project financing
- Solid local coverage. An extensive global network of Telstar centres offering direct assistance in each region using local capabilities and services

Telstar is a leading global brand of aseptic process solutions

More than 50 years of experience in the development of highly complex projects for life science industries, from integrated process equipment to engineering & construction of critical facilities with global vision and technical expertise

www.telstar.com
WE ARE SOCIAL
follow us on

Telstar
after eating. Lying down or bending over can also result in heartburn. Many people obtain relief by standing upright or by taking an antacid that clears acid out of the oesophagus.

Heartburn pain is sometimes mistaken for the pain associated with heart disease or a heart attack, but there are differences. Exercise may aggravate pain resulting from heart disease, and rest may relieve the pain. Heartburn pain is less likely to be associated with physical activity. But you can’t tell the difference, so seek immediate medical help if you have any chest pain.

Other factors that contribute to GERD
Dietary and lifestyle choices may contribute to GERD. Certain foods and beverages, including chocolate, peppermint, fried or fatty foods, coffee, or alcoholic beverages, may trigger reflux and heartburn. Studies show that cigarette smoking relaxes the LES. Obesity and pregnancy can also play a role in GERD symptoms.

Prevalence of heartburn/GERD in Nigeria
A limited number of studies have reported GERD and its complications to be rare in Africa. However, a recent study of Nigerian medical students showed a prevalence of 26.3 percent. Nonerosive reflux disease (NERD) accounts for over 60 percent of cases of GERD in Nigeria. Many pregnant women experience daily heartburn. Recent studies show that GERD in infants and children is more common than previously recognized and may produce recurrent vomiting, coughing, and other respiratory problems.

Diagnosis of heartburn/GERD
To confirm a diagnosis of GERD, or to check for complications, your doctor might recommend:

Upper endoscopy: Your doctor inserts a thin, flexible tube equipped with a light and camera (endoscope) down your throat, to examine the inside of your oesophagus and stomach. Test results can often be normal when reflux is present, but an endoscopy may detect inflammation of the oesophagus (esophagitis) or other complications. An endoscopy can also be used to collect a sample of tissue (biopsy) to be tested for complications such as Barrett’s oesophagus.

Ambulatory acid (pH) probe test: A monitor is placed in your oesophagus to identify when, and for how long, stomach acid regurgitates there. The monitor connects to a small computer that you wear around your waist or with a strap over your shoulder. The monitor might be a thin, flexible tube (catheter) that’s threaded through your nose into your oesophagus, or a clip that’s placed in your oesophagus during an endoscopy and that gets passed into your stool after about two days.

Oesophageal manometry: This test measures the rhythmic muscle contractions in your oesophagus when you swallow. Oesophageal manometry also measures the coordination and force exerted by the muscles of your oesophagus.

X-ray of your upper digestive system: X-rays are taken after you drink a chalky liquid that coats and fills the inside lining of your digestive tract. The coating allows your doctor to see a silhouette of your oesophagus, stomach and upper intestine. You may also be asked to swallow a barium pill that can help diagnose a narrowing of the oesophagus that may interfere with swallowing.

Treatment for heartburn/GERD
Doctors recommend lifestyle and dietary changes for most people needing treatment for GERD. Treatment aims at decreasing the amount of reflux or reducing damage to the lining of the oesophagus.
LokDown Malaria Fast!

with Lokmal®
Artemether/Lumefantrine

✓ No Itching ✓ Fast relief from Malaria ✓ Convenient and simple Dosage Regimen

TORVASTATIN®
Atorvastatin Calcium

✓ Superior Renoprotective Profile
✓ Guaranteed Lipid Profile Stability

Emprin75®
Acetylsalicylic Acid BP 75mg

- Cardio protective
- Reduces the risk of heart attack and stroke.

Emxidine Gel
Chlorhexidine Digluconate 7.1%
Equivalent to Chlorhexidine 4%

For Umbilical Cord Care

Available in Pharmacies nationwide
**Current trends in managing heartburn/GERD**

**continued from page 15**

from refluxed materials. Avoiding foods and beverages that can relax the LES is often recommended. These include chocolate, peppermint, fatty foods, caffeine, and alcoholic beverages. Foods and beverages that can irritate a damaged oesophageal lining, such as citrus fruits and juices, tomato products, and pepper, should also be avoided, if they cause symptoms.

Decreasing the size of portions at mealtime may also help control symptoms. Eating meals at least two to three hours before bedtime may lessen reflux by allowing the acid in the stomach to decrease and the stomach to empty partially. In addition, being overweight often worsens symptoms. Many overweight people find relief when they lose weight.

Cigarette smoking weakens the LES. Smoking is important to reduce GERD symptoms.

Elevating the head of the bed on 6-inch blocks or sleeping on a specially designed wedge reduces heartburn by allowing gravity to push reflux of stomach contents into the oesophagus. Do not use pillows to prop yourself up; that only increases pressure on the stomach.

Along with lifestyle and diet changes, your doctor may recommend over-the-counter or prescription treatments. Antacids can help neutralise acid in the oesophagus and stomach and stop heartburn. Many people find that non-prescription antacids provide temporary or partial relief. An antagonist, combined with a foaming agent helps some people. These compounds are believed to form a foam barrier on top of the stomach that prevents acid reflux from occurring.

Long-term use of antacids, however, is associated with side effects, including diarrhoea, altered calcium metabolism (a change in the way the body breaks down and uses calcium) and build-up of magnesium in the body.

Too much magnesium can be serious for patients with kidney disease. If antacids are needed for more than two weeks, a doctor should be consulted.

For chronic reflux and heartburn, the doctor may recommend medications to reduce acid in the stomach. These medicines include H2 blockers, which inhibit acid secretion in the stomach. H2 blockers include: cimetidine (Tagamet), famotidine (Pepcid), nizatidine, and ranitidine.

Another type of drug, the proton pump inhibitor (or acid pump), inhibits an enzyme (a protein that produces cells of the stomach) necessary for acid secretion. Several proton pump inhibitors include dexlansoprazole (Dexilant), esomeprazole (Nexium), and rabeprazole (Prevacid), omeprazole (Prilosec), omeprazole (Nexium), and sodium bicarbonate (Zegerid), pantoprazole (Protonix), and rabeprazole (Aciphex).

**Treatment for persistent heartburn /GERD**

People with severe, chronic oesophageal reflux or with symptoms not relieved by the treatments described above may need more complete diagnostic evaluation. Doctors use a variety of tests and procedures to examine a patient with chronic heartburn.

Endoscopy is an important procedure for individuals with chronic GERD. By placing a small lighted tube with a tiny video camera near the end (endoscope) into the oesophagus, the doctor may see inflammation or irritation of tissue lining the oesophagus (esophagitis). If the findings of the endoscopy are abnormal or questionable, biopsy (removing a small sample of tissue) from the lining of the oesophagus may be helpful.

**Surgery for GERD**

A small number of people with GERD may need surgery because of severe reflux and poor response to medical treatment. However, surgery should not be considered until all other measures have been tried. Fundoplication is a surgical procedure that increases pressure in the lower oesophagus. The doctor can perform through a laparoscope (small holes through the belly) or through open surgery.

The Stretta procedure is minimally invasive. The doctor goes down the oesophagus with a small tube and uses radiofrequency to tighten the barrier between the oesophagus and stomach. With LINX surgery your doctor wraps a band of titanium beads around the lower part of the oesophagus to prevent stomach acids from splashing back up into the oesophagus. Your doctor performs this procedure using a laparoscope.

**Complications of long-term GERD**

Sometimes GERD results in serious complications. Esophagitis can occur as a result of too much stomach acid in the oesophagus. Esophagitis may cause oesophageal bleeding or ulcers. In addition, a narrowing or stricture of the oesophagus may occur from chronic scarring. Some people develop a condition known as Barrett's oesophagus. This condition can increase the risk of oesophageal cancer.

**Heartburn/GERD during pregnancy**

Pregnant women have symptoms of gastroesophageal reflux disease (GERD), especially heartburn, at some point. These symptoms may start at any time during pregnancy. And they often get worse throughout the pregnancy. Heartburn is common when you are pregnant. That's because hormones cause the digestive system to slow down. The muscles that push food down the oesophagus also move more slowly when you are pregnant. And as the uterus grows, it pushes on the stomach. This can sometimes force stomach acid up into the oesophagus.

GERD symptoms are common during pregnancy. But they rarely cause complications, such as inflammation of the oesophagus (esophagitis). Most of the time, symptoms of heartburn improve after the baby is born.

**Treatment for pregnant women with GERD**

is like treatment for other people who have GERD. It focuses first on lifestyle changes and non-prescription medicines. You can make changes to your lifestyle to help relieve your symptoms of GERD. Here are some things to try:

**Change your eating habits.**

It's best to eat several small meals instead of two or three large meals at a time. After you eat, wait two to three hours before you lie down. Late-night snacks aren't a good idea.

Chocolate and mint can make GERD worse. They relax the muscle between the oesophagus and the stomach.

Spicy foods, foods that have a lot of acid (like tomatoes and oranges), and citrus fruits may cause GERD symptoms worse in some people. If your symptoms are worse after you eat a certain food, you may want to stop eating that food to see if your symptoms get better.

Do not smoke or chew tobacco.

If you have GERD symptoms at night, raise the head of your bed 6 inches (15 cm) to 10 inches (25 cm) by putting the frame on blocks or placing a foam wedge under the head of your mattress. (Adding extra pillows does not work.)

**Try over-the-counter antacids for heartburn symptoms.**

Be careful when you take over-the-counter antacid medicines. Many of these medicines have aspirin in them. While you are pregnant, do not take aspirin or medicines that contain aspirin, unless your doctor says it is okay.

During pregnancy, do not use antacids that have sodium bicarbonate (such as baking soda), because they can cause fluid build-up. Do not use antacids that have magnesium trisilicate, because they may not be safe for your baby. It is okay to use antacids that have calcium carbonate (such as Tums).

**The outlook for GERD**

Although GERD can limit daily activities and productivity, it is rarely life-threatening. With an understanding of the causes and proper treatment, most people will find relief.
Adelusi-Adeluyi at 80 speaks on improved pharmacy practice, flying, law, healthcare, politics, more.

continued from front page

type his weekly sermons and the many books on Ekri history which he authored. I recall that my schoolmates and some visitors to the mission house were wondering how I was able to type at the age of six but you knew what will be will.

Looking back, what are some of the factors or personalities that have influenced your life? The person that influenced me most was Reverend Monsignor Anthony Oguntuyi. He taught me the virtues of modesty, simplicity, cleanliness and discipline. He stressed that simplicity is also very important. I was taught to pay attention to details and to realise that whatsoever suffering I went through was for the good.

What do you consider as your most memorable, looking back at the last 80 years?

Prince Julius Adelusi-Adeluyi: I have always wanted pharmacy business to be respected beyond Pharmacy. So, when Juli pharmacy became the first indigenous company to be quoted on the Nigerian Stock Exchange, it was a memorable moment for me. I organised my business in such a way that it will be acceptable in the larger society.

Another memorable moment was when I was in the law school to study law because I wanted to make sure, inter alia, that if the country went to war, I would be familiar with the rules and the regulations governing the society to repel the Africa at law school, I was one of the oldest.

What do you think of becoming the minister of health?

Prince Julius Adelusi-Adeluyi: I was determined to make a difference in the lives of people. Therefore, I organised my business in such a way that it will be acceptable in the larger society.

Growing older can mean different things to different people. How do you feel on turning 80? Does it in anyway affect your perspective or attitude to life? I and my crew were actually older than I was. Then I went to the University of Ibadan where at least 80 percent of the students were older than I was. I went to work at Western Nigeria Broadcasting Service (WNSB), I was a television news anchor and carried out many programmes including law, politics, health, etc. I was doing well. He also

Looking back, what are some of the factors or personalities that have influenced your life? The person that influenced me most was Reverend Monsignor Anthony Oguntuyi. He taught me the virtues of modesty, simplicity, cleanliness and discipline. He stressed that simplicity is also very important. I was taught to pay attention to details and to realise that whatever suffering I went through was for the good.

What do you consider as your most memorable, looking back at the last 80 years?

Prince Julius Adelusi-Adeluyi: I have always wanted pharmacy business to be respected beyond Pharmacy. So, when Juli pharmacy became the first indigenous company to be quoted on the Nigerian Stock Exchange, it was a memorable moment for me. I organised my business in such a way that it will be acceptable in the larger society.

Another memorable moment was when I was in the law school to study law because I wanted to make sure, inter alia, that if the country went to war, I would be familiar with the rules and the regulations governing the society to repel the Africa at law school, I was one of the oldest.

What do you think of becoming the minister of health?

Prince Julius Adelusi-Adeluyi: I was determined to make a difference in the lives of people. Therefore, I organised my business in such a way that it will be acceptable in the larger society.

Growing older can mean different things to different people. How do you feel on turning 80? Does it in anyway affect your perspective or attitude to life? I and my crew were actually older than I was. Then I went to the University of Ibadan where at least 80 percent of the students were older than I was. I went to work at Western Nigeria Broadcasting Service (WNSB), I was a television news anchor and carried out many programmes including law, politics, health, etc. I was doing well. He also
Prevention best option to curtail COVID-19 spread, says Azoji

- As Neimeth launches COVID-19 public enlightenment kiosks for FRSC

By Adebayo Oladejo

In view of the increasing incidence of the COVID-19 pandemic in the country, Mr Mathew Azoji, managing director and chief executive officer, Neimeth International Pharmaceutical Plc, has stated that prevention remains the only viable option against the infection, adding that with regular antiseptic use, use of hand sanitizer, regular hand washing, use of face mask, social distancing and others, disease spread can be curtailed and prevented.

Azoji gave the remarks at the media launch and public presentation of the FRSC COVID-19 public enlightenment kiosks and flyers, aimed at creating awareness about its spread and prevention in Ogun and Lagos states to the Federal Road Safety Corps (FRSC) RS2HQ, Lagos.

Describing the event as historic, the Neimeth boss noted that the FRSC was the first federal government-established organisation the company was partnering with on COVID-19, adding that the donated COVID-19 enlightenment kiosks was a worthy campaign seeking to improve the quality of life of the citizens at this time of the COVID-19 pandemic in the country.

While commending the FRSC for the partnership, Azoji also urged Nigerians to strictly observe all COVID-19 prevention guidelines, as the Nigeria Centre for Disease Control (NCDC), especially the use of antiseptic and disinfectants, saying considering the overcrowded nature of most residential areas, enlightenment, personal hygiene, the use of face mask, antiseptic and regular hand washing would go a long way to prevent further spread of the virus.

Azoji who was represented by the firm’s Executive Director, Sales and Marketing, Mrs Roseline Oputa, described the partnership with FRSC as a worthy humanitarian recommendation, NCP can be used to sanitise hands in the absence of water, used to clean and disinfect surfaces in the home or office, and above all, maintain personal and environmental hygiene,” he said.

Mrs Roseline Oputa, who was represented by the Lagos State Sector Commander of FRSC, Mr Obasegun Ogunjumobi, said that the global health crisis required partnership and participation of all, as government alone cannot tackle the pandemic.

According to him, the rising cases of the virus in the country necessitated the corps’ partnership with Neimeth to bring the global health challenge under control through public transportation, adding that when it comes to health crisis, government needs the support and cooperation of institutions, non-governmental organisations and other critical stakeholders.

“FRSC does not joke with the pandemic as we see it as a battle to win. We are always available to project this enlightenment campaign targeted at curbing the spread of this deadly virus. We are excited to be with Neimeth to drive this project. The foot-soldiers are here. Our men will put their strength to drive this motive and Nigerian citizens will be better for it.”

He added: “When the pandemic broke out, FRSC was one of the first paramilitary organisations to combine the mandate of road safety and prevention of diseases and infections, including coronavirus. Based on this recent NCDC’s recommendation of maintenance of regular personal and environmental hygiene as an effective way to prevent contracting diseases and infections, including coronavirus. Based on this, FRSC took the initiative to project this enlightenment campaign targeted at curbing the spread of this deadly virus. We are excited to be with Neimeth to drive this project. The foot-soldiers are here. Our men will put their strength to driver this motive and Nigerian citizens will be better for it.”

She added that the 20-unit NCP-FRSC co-branded kiosks would be placed at strategic locations like motor parks and highly populated grassroots environments in Lagos and Ogun states for the COVID-19 public enlightenment, adding that the initiative was part of Neimeth’s corporate social responsibility as a responsible Nigerian firm.

H.PYLORI IS A RISING CONCERN IN NIGERIA AND IT NEEDS A DIFFERENT APPROACH

International Treatment Guidelines (According to the American College of Gastroenterology)

According to European13 and North American21 guidelines, there is a first-line therapy for treating H. pylori infection. It consists of a standard triple therapy including a proton pump inhibitor (PPI) with any two antibiotics among amoxicillin, clarithromycin given for 7-14 days to adults.

Esofag Kit

- Esogaf Kit is the only brand available in Nigeria having Clarithromycin 500 mg in Triple Drug Therapy, studies conclude that 500 mg Clarithromycin + PPI has better eradication rate of H.pylori over 250 mg clarithromycin + PPI.
- Only brand having two antibiotics in Triple Drug Therapy.
- Only brand having Esomeprazole in Triple Drug Therapy which is more superior to other PPIs.

Celebrating 41 Years of Uninterrupted Monthly Publication (1979-2020)
My friend, Prince Julius Adelusi-Adeluyi, popularly called “Juli,” was born on 2 August, 1940, while I was born on 1 October, 1939, therefore, I am ten months older. He chaired my 70th birthday celebration in 2005 and also my 80th birthday celebration last October. Juli is like the proverbial elephant, which some blind men tried to describe, according to whom the part of the body that was touched. In the same way, no one can know all about Juli. Even though I have known him for a long time, I do not know all about him. Juli is a popular student in his days, "twist" was the hottest dance in those days, “twist” was the hottest dance in those days. Juli was a popular student - handsome, smart, fluent and very actively involved in several extracurricular activities. He was a noticeable figure on campus. Hadning been an ardent Catholic, he led the Pax Romana, a Catholic organisation on campus, as the president. He introduced the International Pharmaceutical Students Federation (IPSF) in Nigeria and participated in their international meetings. He was the vice president for International Affairs of the then National Union of Nigerian Students (NUNS). By virtue of this position, he travelled extensively and participated in international students conferences.

Apart from NUNS, Juli was involved in the All Nigeria United Students Association (ANUNSA), an agency of the United Nations and served as the president. Again, this caused him to travel a lot.

It was only when we heard Juli broadcasting news at the Western Nigerian Broadcasting Service (now NTA, Ibadan), that we learnt that he was a news broadcaster before coming to study Pharmacy. As a student, he still found time to do some broadcasting. People who got to know Juli in later years may not be aware that he was an accomplished dancer. In fact, he was an instructor for “twist” and “Madison” dance. In those days, "twist" was the hottest dance that involved very active twirling of the body. Twist music was meant for young people. The words of the music in Ibo language are, “Twist bukwa eywu oku a. Wekukwu nwayo...” (“Twist is a hot and dangerous dance. Take it easy so you don’t break your waist!”). At that time, the late Victor Olayze was the leading highlife musician and was around for some functions.

Juli was also an active journalist. He was the founder and editor of the most dreaded campus weekly newspaper called "Spitfire". His dangerous cartoonist was Frank Elangwa. You would be miserable if Spitfire cartooned you.

In games and sports, Juli was in lawn tennis and football. He was also in music and musical instruments. Pharmacists know full well that our Pharmacy Anthem was composed by him.

Juli was an accomplished writer. At that time, the late Victor Olayze was the leading highlife musician and was around for some functions. Juli was also an active journalist. He was the founder and editor of the most dreaded campus weekly newspaper called "Spitfire". His dangerous cartoonist was Frank Elangwa. You would be miserable if Spitfire cartooned you.

In games and sports, Juli was in lawn tennis and football. He was also in music and musical instruments. Pharmacists know full well that our Pharmacy Anthem was composed by him.

Juli was an accomplished writer. At that time, the late Victor Olayze was the leading highlife musician and was around for some functions. Juli was also an active journalist. He was the founder and editor of the most dreaded campus weekly newspaper called "Spitfire". His dangerous cartoonist was Frank Elangwa. You would be miserable if Spitfire cartooned you.

In games and sports, Juli was in lawn tennis and football. He was also in music and musical instruments. Pharmacists know full well that our Pharmacy Anthem was composed by him.

Juli was an accomplished writer. At that time, the late Victor Olayze was the leading highlife musician and was around for some functions. Juli was also an active journalist. He was the founder and editor of the most dreaded campus weekly newspaper called "Spitfire". His dangerous cartoonist was Frank Elangwa. You would be miserable if Spitfire cartooned you.

In games and sports, Juli was in lawn tennis and football. He was also in music and musical instruments. Pharmacists know full well that our Pharmacy Anthem was composed by him.

Juli was an accomplished writer. At that time, the late Victor Olayze was the leading highlife musician and was around for some functions. Juli was also an active journalist. He was the founder and editor of the most dreaded campus weekly newspaper called "Spitfire". His dangerous cartoonist was Frank Elangwa. You would be miserable if Spitfire cartooned you.

In games and sports, Juli was in lawn tennis and football. He was also in music and musical instruments. Pharmacists know full well that our Pharmacy Anthem was composed by him.
Top five COVID-19 skills for pharmacists

By Pharm Makuo Muobike

From my various local and international interactions and within this COVID-19 period, I have realised that pharmacists all over the world are going through more or less the same challenges. With the current pandemic, these challenges have become front and centre of daily practice. I’ll quickly point out a few of these challenges, and while exploring them, we will better understand the skills that have become necessary for the pharmacist to survive as a professional even post-COVID.

Top five challenges of pharmacists

Supply chain disruption: The global pressure on the supply chain of pharmaceutical active ingredients and finished products has a direct impact on the pharmacist. This pressure goes way upstream to manufacturers in China and India, the critical suppliers of APIs and finished pharmaceutical products for many countries in Africa. This has led to a shortage of pharmaceutical products, from insulin to vitamin C. The increased downstream demand for medicines that are associated with the pandemic and medicines for chronic conditions, has an exponential pull upstream and it is difficult to meet due to disruptions in the supply chain.

Relevance: Despite the global health pandemic, pharmacists are still battling to remain relevant in the eyes of the government, security agencies, and even patients. Policymakers in many countries battling COVID-19 have seemingly excluded pharmacists from policies that ensure remuneration, security, insurance and benefits accrued to frontline healthcare providers in the COVID-19 response. This oversight is not a recent development, unfortunately. It stems from an age-long battle by pharmacists to carve out a place in the global health care team. The recent oversight has prompted an unprecedented collaboration between pharmacists and other healthcare providers. It has also inspired the #PharmacistsOnTheFrontline campaign on social media, and numerous fightbacks by the international pharmacy unions and union leaders.

Survival skills: With the above challenges in mind, here are the top five skills that pharmacists are still struggling to find a place in the global healthcare team. A strong vision and common commitment about what pharmacists want different aspects of the profession to look like in the future is very necessary.

1. Communication: Now, more than ever, a pharmacist has to master effective communication. These skills include verbal and non-verbal communication. For clinical pharmacists, effective communication helps to improve the use of medications by patients. However, during the global pandemic, effective communication is crucial in ensuring favourable outcomes for both the pharmacist and his clients. Pharmacists should strengthen competency in reading, writing and speaking.

2. Digital media: This comprises marketing in a digital world, content creation, social media optimisation, email marketing, teleconferencing, search engine marketing and optimisation, web analytics, digital learning management systems, crisis management etc. These are skills that will feature more frequently in a pharmacist’s life. The ability to pivot seamlessly into the digital media will ensure that pharmacists remain relevant in a rapidly changing world.

3. Multitasking, efficiency, time and people management: The capacity to go back and forth between two or more activities, teams, or sources of information without being confused will be richly rewarded. Pharmacists often have to juggle tasks, fill multiple roles and therefore face multiple deadlines. Now, especially, is no time for a one-trick pharmacist.

4. Negotiation: Wherever you disagree with someone and you need to resolve the situation or make a decision, there is a need for negotiation skills. As a matter of fact, no offer is too good to be true. Negotiate everything. When buying, never pay top naira or dollar. There is always a discount. When selling, sell value first. Remember that packaging matters. Leverage relationships for better deals.

5. Collaboration and networking: Finally, pharmacists around the world that I’ve interfaced with all agree that it’s time to work together. Pharmacists need to work together with each other, with other HCPs, with regulators, gatekeepers, the government and policymakers. Pharmacists need to learn how to collaborate on tasks to solve increasingly bigger problems and present a united front on key issues. All pharmacists have a role to play in shaping the future of the profession and the sooner we get together to start, the sooner we can make progress on our voice and vision.
We want to make pharma companies self-sufficient in blister packaging films – Jackpak boss

Quateel Ahmad is the chief executive of Jackpak Industries Nigeria Limited, a company that produces and markets blister packing films for pharmaceutical packaging applications. In this interview with Pharmanews, he bares his mind on the challenges facing the pharmaceutical blister packaging film industry in Nigeria and how Jackpak has been helping local manufacturers to produce top quality pharmaceutical blister packaging films that can compete internationally. Excerpts:

Tell us about Jackpak. When was the company established, and what are your objectives in Nigeria?

Jackpak was established in 2018 and began commercial production towards the end of the year. The objective is straightforward: to reduce the dependency of local pharma producers on imported blister packing films by producing it here. This is certainly a first in Nigeria and West Africa. We intend to supply all major pharma producers in Nigeria and we have a strong base of committed buyers.

Since you started operations in Nigeria, what has been your experience about the Nigerian pharmaceutical industry and market?

Our experience has been positive, and the local industry has welcomed our locally manufactured products. Today, our products are distributed from here in Ota, Ogun State, to Kano, in the north; Enugu, in the east; Ewaro, in the west; and of course Lagos. In all, the major manufacturing hubs are covered. Yet there is a tremendous scope for growth, as we have still not penetrated some segments and companies.

Furthermore, getting customers to accept and believe that locally produced goods are as good as the imported ones has been the biggest challenge. The belief is that no locally manufactured product can be of the same quality as the imported ones. Fortunately, most of our clients are chief executives of companies and they appreciate the quality and the numerous benefits of buying locally made products.

The overall Nigerian business environment is more dynamic than many other developing and developed countries and as such has its own set of challenges, such as port, traffic, and higher costs of goods.

Pharmaceutical blister packaging films are very important for the integrity and quality of drugs. How do you ensure your blister packs are of a good quality, comparable to the imported ones from Europe and Asia?

Technology and technical expertise are the keys to making any product. Technology manifests itself in the machinery, equipment, materials, and protocols followed. We ensure that the machines are new, precise, and modern. All other equipment are modern and the protocols are adapted from the best in class practices prevalent in the industry today. It is a formulation-driven process and we have controls for consistently creating the same product. However, the correct deployment of technology needs technical expertise and we have on board, experts who are very experienced in the making of these films. We have a stringent quality assurance that oversees the product. Each product is tested and its certificate of analysis (COA) accompanies every delivery.

Raw materials are specially controlled and we purchase the best raw materials to ensure, consistent quality and performance up to the highest standards for the film.

Are there local regulatory protocols you adhere to in your operations and are you regulated by NAFDAC?

Prior to confirmation as a supplier, we were audited by the Customer’s Quality Assurance and Packaging Materials team. Their supplier audit is a very stringent and mandatory part of the diligence before appointment as a supplier to them. We have been audited a few times and have met all requirements. These are an ongoing process and we make sure that we are updating our processes and protocols constantly.

Manufacturers that decide to buy blister packs locally, rather than place order to ship it from abroad?

They are quite numerous, but to start with, they won’t exert their forex payouts, as the transactions are done in naira. Most of the bigger buyers who import their product directly from the sellers abroad have to pay in USD or other currencies which is not the ideal situation. There is no need to stock up on films because people tend to stock up here due to the uncertainty in forex and logistics. So we are in a way mitigating these for the customer.

Also, as a consequence of smaller quantities, the space required is much lesser, so that the customer is able to utilise the space better, faster order to fulfillment ratio, which means instead of taking months, it takes just days. We also avoid having to receive goods in customers’ warehouse, thus making inventory planning much better.

Another advantage is that, as a local manufacturer, we are making colours available, which is a huge advantage as it can not only be used for protecting the drug, it can also be used for brand differentiation, flexibility in order, as we can supply more specific widths and reduce wastage, among several other benefits.

PROTECT Yourself With Our MEDICATED Hand Sanitizer and Mouthwash

Use WOSAN - Hand Sanitizer 
Mouth Wash

DO YOU KNOW THAT WITH PROPER HAND & MOUTH HYGIENE, YOU CAN PROTECT YOURSELF AND YOUR LOVED ONES FROM THE SPREAD OF HARMFUL GERMS THAT CAUSE DISEASES?

Pharmanews App now available on Google Play store, Apple Store, Windows Store
EXPERIENCE THE NEWEST
FAT BURNER/WEIGHT LOSS BREAKTHROUGH

AGEWELL
SLIMFIT MAN/WOMAN CAPSULES

NEW FAT BURNING CAPSULE FORMULATED FOR MEN & WOMEN

FOR MEN DISAISE
FOR WOMEN DISAISE

SLIMMING DIETARY SUPPLEMENT FOR MALE & FEMALE
✓ Fat Burner
✓ Reduces belly fat
✓ Reduces Excess Fat & Weight
✓ Acts on Fat Metabolism
✓ Regulates Cholesterol Levels
✓ Restores normal body function
✓ Accelerates depletion of fat
✓ Prevents faulty Metabolism

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

The Science of Aging Well...Secret to Longevity.
Are you ready to pay the price of success?

By Pharm. Sesan Kareem

Success is achievable, attainable and possible for anyone who desires it strongly. However, the important question is, are you ready to pay the price of success? It took me three years of writing, re-writing, learning, un-learning and re-learning to write and publish my first book, titled “Maximise Your Life” in 2010. Every month within this period, I spent more than half of my monthly allowance to buy books and tapes, attend seminars, research and travel.

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

Here was the result. Three months after I had published and launched Maximise Your Life, my life was transformed. The press were anxious to know my success story. Television stations, radio stations and tabloids shared my story to inspire their audience.

Treasured connections

Another valuable gain I enjoyed was the calibre of people from all walks of life that became my friends. From the Managing Director of a multi-million naira company to the security guard, a lot of people were touched by the message of my book. From reverend pastors to well-respected imams, pastors to revered religious leaders, and ambitious youth for his people.

Inspiring model

The life struggle of the late President Nelson Rolihlahla Mandela lucidly illustrates that there is always a price to pay for success and that the higher the price, the greater the reward. Mandela was an African icon, an international hero, a vital force in the fight against injustice, and the struggle for human rights and racial equality. He was the most significant African leader and won the prestigious Nobel Peace Prize and many accolades in his lifetime. But his success did not come on a platter of gold; it came at a solemn sacrifice and huge price. President Nelson Mandela spent 27 years within prison walls. He was transferred from one prison to the other in South Africa. During his days in prison, he was given various options for freedom which he rejected. He personified the struggle of his people and led the fight against apartheid with extraordinary resilience and vigour. He sacrificed his private life and youth for his people.

The result of his unflinching sacrifice was a progressive South Africa, where the blacks are not inferior to the whites. And the whites are not superior to the blacks. There is always a price to pay for greatness.

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

Further Allusion

Let me share with you another story that depicts “nothing comes for free”. Dr Martin Luther King Jr. won the 1964 Nobel Peace Prize. His speech, “I Have a Dream”, is one of the most popular speeches in the history of mankind. He was a hero and was well-respected across the globe. But all these didn’t come without a huge price. When he led the Montgomery Bus Boycott in 1955, his house was bombed; he was arrested and he suffered a lot of pains. In fact, he was assassinated due to his struggle for justice and equity.

Dr Martin Luther King Jr. is dead but his dream came to fruition when, in 2008, President Barrack Obama became the first black person to emerge as President of the United States. In one of his numerous quotes, he said, “Human progress is neither automatic, nor inevitable... Every step towards the goal of justice requires sacrifice, suffering and struggle, the tireless exertions and passionate concern of dedicated individuals.”

It is worthy of note to say at this juncture, that if it is not every one of your achievements you have to struggle for. But it is a truism that the most rewarding victories of your life will come with a lot of sacrifice and pain. Merriment, fulfillment, greatness, joy, success and profound ecstasy are the final products for those who pay their dues and go through the pains stage of turning their dreams to realities and becoming high achievers.

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

ACTION PLAN: Analyse the price you must pay to live your dream. Identify the sacrifices you must make today to have a better tomorrow. ACT NOW.

AFFIRMATION: I will persist until I succeed. I am blessed and highly favoured.
Our range of QU

Ariel view of our Ultra-modern Pharmaceutical Manufacturing Plant

INSIDE OF NEROS PHARMACEUTICALS FACTORY

...Delivering quality and a
How I became black Africa's first Professor of Pharm. Tech. – Obiorah

By Moses Dike

Professor Bona Obiorah is a Fellow of the Pharmaceutical Society of Nigeria (PSN), Foundation Fellow of the West African Postgraduate College of Pharmacists (WAPCP) and black Africa's first professor of Pharmaceutical Technology. In this exciting interview, the erudite professor, who is due for retirement this year, shares with Pharmawise his experience in the field of Pharmaceutical Technology.

Excerpts

Kindly tell us a little about your background

My early education was at the University of Ife (now Obafemi Awolowo University), where I got my diploma in pharmacy and, later, B. Pharm. In those days, if you made a first class or 2.1 (second class upper), you will have automatic scholarship to go for a higher degree. So, uneventful on to the University of London, where I did my PhD in Pharmaceutical Technology. After that, I returned to the University of Ife as lecturer.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.

How would you describe your days in university service?

In a period of seven years I rose to become a professor of Pharmaceutical Technology. I was appointed by that appointment in 1981. I became the first professor of Pharmaceutical Technology in a whole of black Africa. I had remained in academia until I retired from the University of Benin.

Since 1988, I have been involved in consultancy to WHO, other agencies and other organizations like the PSN. I have published extensively in notable pharmacy and other areas. It has been a very pleasant experience being in academia. It has not been easy, as I have been in the hospital for a few years. I was in the University of Ife as lecturer, when the civil war broke out. It was after four years that I left hospital service.
BOOST YOUR IMMUNE SYSTEM TO COMBAT VIRAL INFECTIONS

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

LOOK 10 YEARS YOUNGER THAN YOUR AGE

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

Tel: 09014628896

agewellhealthcare
agewellhealthcare@gmail.com
agewellhealthcare.com
Pharm. Chibuike Uchemmadu Agaruwa is the CEO/Superintendent Pharmacist of Euromed Limited, a highly indigenous pharmaceutical company, specialising in importation, marketing and distribution of pharmaceutical products. In this exclusive interview with Pharmawews, the 1976 graduate of Pharmacy from the University of Ife (now Obafemi Awolowo University, Ile-Ife) recalls how he nurtured the Euromed vision to take the company to its current leading position. He also offers insights on the state of pharmaceutical manufacturing in Nigeria, while recommending success strategies for young and aspiring pharma entrepreneurs. Excerpts:

What motivated you to start Euromed? How did you get the vision for this company?

After my compulsory National Youth Service programme at the General Hospital, Ojo, in the old Cross River State, I joined Ciba-Geigy organisation as a medical representative in charge of the states of Anambra and Bendel. That was from 1977 to 1980. I grew up from medical representation to product management, and from there to marketing and within a short period, they brought me to Lagos as a general sales manager. I was in charge of sales and training management, until I left Ciba-Geigy to work in Pharma Products Limited as the general manager in June 1982. While working over the Chandies (later Chandies/Novartis), I had received some inspiration from the history of the company. Ciba-Geigy means Chemical Industry of Basel, in Switzerland. Dr Geigy was an innovator, an inventor, on anti-rheumatics, and he developed Voltaren and Butazolidin brands. At that point, CIBA merged with Geigy to form Ciba-Geigy.

Later, I was approached by Dr Geigy, as an individual who developed a wide range of products in the anti-rheumatic market segment. Then I said to myself, “If an individual can do it, why not me? You can always get back and will take some time.” When I got the vision, I did not rush into it. I tried to work with people and observing what was happening in big companies, and I kept on that vision by making sure I did my work very well at Ciba-Geigy and within a short period, they brought me to Lagos as an individual.

The team from Switzerland called me and asked: “You said you had not done product management before, how come you were able to do everything?” I said Ciba-Geigy was my first brand, Chandies, and it was an old brand that had received some inspiration from the history of the company. Ciba-Geigy means Chemical Industry of Basel, in Switzerland. Dr Geigy was an innovator, an inventor, on anti-rheumatics, and he developed Voltaren and Butazolidin brands. At that point, CIBA merged with Geigy to form Ciba-Geigy.

The success of Tandagasic in Nigeria encouraged the launch of Rengasil, another anti-rheumatic. Rengasil was recorded by IMS as the best product launch in 1984 and that earned me a recommendation to work in the market planning department of Ciba-Geigy, Horsham, UK, for 10 months. On returning to Nigeria in 1985, I was made the product manager, Special Duties and later, marketing manager, Cibacils.

Following a reorganisation in the company, I won in former general sales/training manager in 1980. In that position, I was going to Kenya to train the field forces of Kenya, Uganda and Zimbabwe, as well as our local staff, on a modern sales technique known as SSTR.

In search of a higher job challenge, I left Ciba-Geigy in 1992 for Link Pharmaceuticals Ltd as general manager and within two years to seven years and left to establish Euromed Limited. But, first, I started with Ciba-Geigy as a sales representative and I didn’t have any experience. Without training, finance, did not constrain my efforts.

I hired a medical representative and next is the lack of a quality infrastructure. We have expanded our product portfolio to achieve a balance in our operations. We have acquired an acre of land in Ogun State as a starting point into commerce, local manufacturing and product distribution. Through sustained discipline and dedicated efforts, we have achieved things in a moderate way because we want to build our organisation from scratch, we have been able to build up our own funds to sustain the operation to the level we are now.

What is your advice to young and aspiring pharmaceutical manufacturers?

I would advise them to cultivate a habit of doing things in a moderate way because we need to acquire the required skills and build a character of discipline, dedication and determination to succeed.

What about the regulatory environment and the state of infrastructure? How are you coping?

Concerning the regulatory environment, we have a strong support of the police force to assist NAFDAC to fight the menace of fake and counterfeit products. Also, the pharmacovigilance unit of NAFDAC should be strengthened to be more effective. Therefore, these are some areas that need to be worked on to sustain the operation to the level we are now.

What is your advice to young and aspiring pharma entrepreneurs?

I would advise them to cultivate a habit of doing things in a moderate way because we need to acquire the required skills and build a character of discipline, dedication and determination to succeed.

How has the journey been so far? Have there been challenges?

The road to success is characterised by challenges one has to overcome to make progress. The initial challenge we had was that of funds. We didn’t have enough funds to start the business, except for the residual stock and the residual cash; but I quickly encouraged myself. I didn’t borrow any money from any person.

I hired a medical representative and next is the lack of a quality infrastructure. We have expanded our product portfolio to achieve a balance in our operations. We have acquired an acre of land in Ogun State as a starting point into commerce, local manufacturing and product distribution. Through sustained discipline and dedicated efforts, we have achieved things in a moderate way because we want to build our organisation from scratch, we have been able to build up our own funds to sustain the operation to the level we are now.

What is your advice to young and aspiring pharma entrepreneurs?

I would advise them to cultivate a habit of doing things in a moderate way because we need to acquire the required skills and build a character of discipline, dedication and determination to succeed.
AHAPN restates call for pharmacists’ trade union
Tasks FG on urgent salary review, provision of PPEs

By Temitope Obayendo

Dr Kingsley Amibor, AHAPN president
because of lack of basic personal protective equipment (PPE). We call on government to provide adequate PPEs for pharmacists and other healthcare workers who are at the front line of the COVID-19 pandemic control efforts. "Additionally, we wish to remind government to honour her decision of paying enhanced hazard allowance to healthcare workers since March, 2020. This pronouncement has not translated into a tangible result yet. For proper motivation of healthcare workers, we call on the federal government and other states in the federation who have made similar promises, to pay healthcare professionals the enhanced allowance."

Pharmanews online emerges Nigeria’s most visited pharma website

By Omolola Famodun

Pharmanews website, Pharmanewsline, has been rated higher than other pharma websites in Nigeria, by Alexa Internet, International, an American web traffic analysis company, based in San Francisco.

The new ranking came with the website’s attainment of a global ranking order of 643,246, on 4 June, 2020, in global internet traffic and engagement over the past 90 days.

Speaking on this latest feat by Pharmanewsline, Pharm. (Sir) Heiny Atueyi, publisher of Pharmanews, expressed delight, saying the new global milestone will further give advertisers maximum value for their investment as they place ads on the website and in the journal. He added that with the new position, contents and advertisements on Pharmanewsline will enjoy better exposure and reach than other pharma websites in the country.

website metrics for the month ended May also affirmed this global ranking, with the average daily traffic of 10,000, over 310,000 monthly visitors, about 6 million monthly hits, and 1.1 million monthly page views.

"We also target readers more effectively, as our visitors are mainly healthcare professionals", he stressed. The Pharmanews boss further emphasised that global recognition of Pharmanewsline is a good opportunity for existing and prospective advertisers to leverage for global exposure and reach of their products and services, as more readers access the online contents in the comfort of their homes.

According to Pharmanewsline editor, Temitope Obayendo, other benefits of advertising on the website include the facts that ads can be updated any time with little or no cost; ads reach a large number of people all over the world, and are accessed 24 hours, 365 days a year.

She added: "It is cheaper than advertising on other media channels (television, newspaper, radio). Thus, advertising on Pharmanewsline.com is a less expensive way of connecting with your customers and consequently producing greater and more lasting results. There is the opportunity of hyperlinking to your company website. There is better opportunity to track, test and evaluate the effectiveness of your advertising campaigns, compared to other channels of advertisement. Besides, ad campaigns are both easy to implement and easy to withdraw."
Marie Stopes donates Misoclear to Lagos health ministry - Reaffirms commitment to maternal health

By Temitope Obayendoyo

In its commitment to reducing maternal mortality rate in Nigeria, Marie Stopes International Organisation Nigeria (MSION), a leading not-for-profit organisation, specialised in quality sexual and reproductive health interventions, has donated 14,000 pills of Misoclear, a brand of misoprostol, to the Lagos State Ministry of Health (LSMoH).

Presenting the drugs to the Director of Family Health and Nutrition, LSMoH, Dr Folashade Oludara; and Reproductive Health Coordinator, LSMoH, Dr Victoria Omoera, the Regional Manager, South-West Operations, MSION, Abimbola Faloye, said the essence of the donation was to help more women stay alive after delivery.

He said Misoclear is the organisation’s brand of socially marketed misoprostol, used in the management of postpartum haemorrhage, in women, after childbirth, noting that MSION works collaboratively with the government of Nigeria at all levels to promote quality sexual and reproductive healthcare.

Lamenting the high maternal mortality ratio of 451 deaths per 100,000 live births in the country, Faloye said the donation of Misoclear to Lagos and other states would complement the efforts of the federal government towards meeting the United Nations Sustainable Development Goals (SDG) to reduce global maternal mortality ratio to less than 70 per 100,000 live births by 2030.

In his words: “Lagos State Ministry of Health is one of our partners in Family Planning and reproductive health and we are one of the strongest implementing partners in reproductive health in the state. Particularly in this era of COVID-19, we are aware that reproductive health is ongoing and whether we like it or not, people are giving birth. Thus Misoclear, as a drug of choice for postpartum haemorrhage management, will help prevent maternal mortality, most especially in Lagos.”

“With this donation, we believe that we will help prevent needless deaths of women from bleeding after childbirth, one of the leading causes of maternal deaths in Nigeria. Most factors causing maternal deaths are preventable through combined safe motherhood strategies of focused antenatal care, immediate post-partum period and access to family planning.”

Faloye further mentioned the effect of the COVID-19 lockdown on couples and sexual activity is going on, and whether we like it or not, people are giving birth.

He said: “Whether we like it or not, sexual activity is going on, and there is increase in sexual activity during the lockdown period. In some months to come, we are going to see the effects of the lockdown. Hence we advocate use of various family planning products to prevent unwanted pregnancies.”

Receiving the medicines on behalf of the Lagos State Ministry of Health, Dr Folashade Oludara appreciated Marie Stopes for the good gesture, while giving assurance of judicious distribution of the donated Misoclear to the end-users.

She noted that maternal and child health are major areas of focus for the state government, saying this explains why the government is happy with the contributions and partnership of MSION in facilitating improved access to sexual reproductive health to all requiring it.

Speaking on the impact of COVID-19 on maternal health in the state, Oludara said attendance of clinics dropped drastically due to COVID-19 scare among women, adding however that with the engagement of community leaders who meet one-on-one with pregnant women at the grassroots to mobilise their attendance of regular clinics, there has been improvement, with adherence to social distancing guidelines.

Oludara seized the opportunity to urge all stakeholders to emulate the good example of MSION in supporting women to access needed reproductive healthcare, including family planning services.

She said: “The government is very pleased with this support at such critical time that the government is diverting all funds to the covering of COVID-19 and it seems our general routine clinics are suffering. It will go a long way in helping us in saving lives.”

“We want to say thank you for the good gestures. We are going to distribute them judiciously to all our maternal centres.

“Obviously the lockdown has actually affected the psychic of everybody in the country, and not only that health workers have reduced due to some of them infected with the virus, even clients are scared of visiting the clinics for COVID-19 Phobia. If you look at all sources of predisposition to the infection, public hospital is one of them.”

“Our Primary healthcare centres with the help of community leaders have been meeting them one on one to visit clinics, while social distancing is being maintained.

“Essence of the donation is to ensure that it gets to the end-users where they will be needed.”

Faloye stated.

You know this lockdown period promoted more intimacy among couples and sexual activity is going on, and there will be conception, so there is increase in sexual activity during the lockdown period. In some months to come, we are going to see the effects of the lockdown. Hence we advocate use of various family planning products to prevent unwanted pregnancies.”

Faloye noted that Lagos State Ministry of Health is one of their partners in Family Planning and reproductive health, and MSION is one of the strongest implementing partners they have in reproductive health in the state.

“Especially in this era of COVID-19, we are aware that reproductive health is ongoing and whether we like it or not, people are giving birth. Misoclear is a drug of choice for postpartum haemorrhage, in order to prevent maternal mortality, most especially in Lagos” he stressed.

Mr Abimmbola Faloye, regional manager, South-West Operations, MSION, presenting the packs of Misoclear to Dr Folashade Oludara, director of Family Health and Nutrition, LSMoH, in the presence of Dr Victoria Omoera, reproductive health coordinator, LSMoH (left), and Dr Odabor Ejumudo, regional sales manager, MSION, at the Lagos State Secretariat, Alausa, Ikeja.

Celebrating 41 Years of Uninterrupted Monthly Publication (1979-2020)
...Now produced in Nigeria

Magnesium Sulphate Injection

Oxytocin Injection 10IU/2ml

...Delivered in cold chain

JUHEL NIGERIA LIMITED
35, Nkwobi Road Emene-Enugu
P.O. Box 1549 G.P.O. Enugu, Nigeria
Tel: 08070592410, 08063383367.
E-mail: info@juheligeria.com
www.juheligeria.com

Area Sales Manager(Lagos): 08070592407
Abuja: 08070592454
Kaduna: 08070592452
Awka Plant: 08070592409

Parental Division
Plot PD/5 Executive Business Layout
Awka Anambra State Nigeria
Tel: 08070592409
With the recent upsurge in cases of rape and other forms of sexual violence in the country, our reporter, OMOLOLA FAMODUN went to town to find out the appropriate punishment that can serve to deter would-be perpetrators. Their views are presented below:

Lengthy prison sentence - Temidayo Olalere
The punishment for any form of rape should be a lengthy prison sentence, the specific duration of which will be based on the circumstances of the rape case. In addition, a convicted defendant normally will have to be registered as a sex offender for life. Culprits should also be placed under a psychologist for proper review to help them straighten up, morally and mentally.

They should be paraded, imprisoned, fined - Nurse Boluwatife Olowu
As much as nothing can undo the mental, emotional and physical damages already done to the victim, having a law in place can make the rapist think twice before engaging in such an evil act.

Once found guilty, a rapist should be paraded on national and local television stations and newspapers. They should also be given 14 years imprisonment with hard labour and a fine of N500,000. I can only hope that the thought of this punishment will make rapists think twice and perish the idea of raping.

The executive arm of government should see to it that the law is implemented too, and members of the public should try to support rape victims when they step out to speak to ensure that the law takes effect.

Long sentence in solitary confinement - Jimmy Akintaju
As much as I don’t want to sound judgmental because I have no right to judge, justice still has to take its full course. Rape is a scar in the life of the victim and I think the rapist should be put in long and total isolated imprisonment, left alone with his or her thoughts. Afterward, he or she can be rehabilitated. With that, rapists will learn lessons and have a renewed mind.

The victim on the other hand should be signed up for counselling, so he or she can heal faster and most importantly be shown love. No human takes an action without it being processed and thought through. So, instead of killing the human, kill the thought.

Minimum of two-year jail term - Raimi Emmanuel
I think the issue of rape is a cankerworm that has eaten so deep into our society. It had always been happening but we turned a blind eye to it. I think that’s why we still have it happening even more rampant these days and not until we begin to make scapegoats of these culprits, the situation is going to get worse. Lives of innocent young girls are being destroyed as a result of the selfish desires of some men, which is very cruel. I think it high time the government and those in authority put in more punitive measures to serve as a deterrent.

The sooner we start doing this - the sooner we start taking these people off our streets - the safer Nigeria is going to be for our wives, our sisters, our daughters, our nieces, and all the females out there. It’s no crime to be a female.

Not even castration will be enough - Tobiloba Okenla
Rape is the highest dimension of wickedness and heartlessness; so, there is never a valid excuse for rape. How could a father rape his three-month old baby? It is just so demonic. What’s the excuse this time? Could it be the fragrance of the baby powder that attracted him?

Castration is even a mild punishment for any rapist. In other words, if there’s something worse than that, then they so deserve it.

Castration is the solution - Tochi Nwanehiudo
Rape is a sinful act that is carried out by an insane and highly callous individual who in the moment, feels more powerful than his or her victim. This in itself, shows absolute cowardice. In recent times, we have experienced an increase in the crime of rape in Nigeria.

According to statistics, at least, four out of ten ladies have been assaulted before the age of 18 years. This calls for some urgent measures to be put in place in order to curtail the crime and prevent it from becoming a culture.

For me, the best consequence for this act should simply be castration (cutting of the genital organ of the perpetrator). This, I believe will just make women fear the idea of raping.

The number of rape cases has skyrocketed and it’s become so alarming recently. This has shown how degraded our society and values have become. A society where we have no respect and regard for ourselves; a society where we see each other as preys to be consumed to satisfy our lustful desires.

The issue of rape is a demeaning and inhuman act which has left many of its victims in trauma. It’s a deep wound which might not heal forever. Some victims recover while some develop hatred and phobia for the opposite sex. Either gender can be a victim but the most common and trending are the females. Both the young and the old have been at the receiving, but especially the teens and the minors.

Rape is an abuse and a total violation of human right which I know and believe is punishable under the law. All rapists must be brought to justice. No rapist deserves to gallivant freely in the society. A jail term of seven to ten years with hard work will be appropriate.
**WITH**

**Diclair®-HP - HMG**
Highly Purified Human Menopausal Gonadotrophin B.P.

**INDICATIONS**
- Follicle Stimulation in Females with Anovulatory Infertility.
- Stimulation of Spermatogenesis in males with Oligospermia

75 L. U. & 150 L. U.

**WITH**

**Diclair®-HP - HCG**
Highly Purified Human Chorionic Gonadotrophin B.P.

**INDICATIONS**
- Anovulatory Infertility
- Habitual Abortion
- Hypogonadotropic Hypogonadism
- Sterility due to Deficient Spermatogenesis
- Cryptorchidism.

1,500 U., 2,000 U., 5,000 U., 10,000 U.

**Diclair®-ST**
Highly purified Follicle Stimulating Hormone

- For the stimulation of follicular recruitment
- Development and induction of ovulation in women with hypothalamic-pituitary dysfunction, either oligoamenorrhea or amenorrhea

75IU & 150 IU

**HARMACEUTICALS LTD**

15, Ademulegun Street, Off Godwin Omonua Street, Lagos. Tel: 09069025196, 08178444788, 08036999680, 08095987550
Email: info@markpharmltd.com Website: markpharmltd.com
Bond advocates increased awareness to curb SCD spread

- Says Oxyurea, a lifesaving medicine

By Adebayo Oladejo

Pharm. Aderemi Omotosho

Speaking further, the Bond’s boss noted that prevention would go a long way in saving the lives of children with the disease, saying parents should ensure that their children get regular check-ups with their doctors, follow treatment prescribed by doctors, prevent crises by taking simple steps and practising healthy habits, while urging them to monitor every treatment procedure administered on their child, as there could be misdiagnosis.

Omotosho also revealed having sickle is not a death sentence, especially if the condition is adequately managed, adding that the management of Bond, in its quest to reduce the burden SCD in the country had further increased its commitment to research and development in the manufacturing of new, innovative and high-quality pharmaceuticals in addressing the condition.

Explaining further, he said: “Hydroxyurea is a medicine that can decrease severe complications of SCD. This treatment is very safe when given by medical specialists experienced in caring for patients with SCD. However, the risk of using Hydroxyurea is minimal during pregnancy or for a long time are not completely known.

Another treatment, which can actually cure SCD, is a stem cell transplant (also called a bone marrow transplant). This procedure infuses healthy cells, called stem cells, into the body to replace damaged or diseased bone marrow.

“Although transplants of bone marrow or blood from healthy donors are increasingly being used to successfully cure SCD, they require a matched donor (a person with similar, compatible bone marrow), and transplants can sometimes cause severe side effects, including occasional life-threatening infections or death”, he said.

Omotosho also noted that Oxyurea, the company’s brand of Hydroxyurea for the management of SCD is a lifesaving medicine, adding that aside from increasing the life expectancy of SCD patients, it also reduces the risk of anaemia and blood transfusion in patients.

He added, “Oxyurea also reduces the frequency and intensity of bone crises, lowers the episode of acute chest syndrome, reduces the frequency of hospitalization, reduces the need for blood transfusion, reduces the risk of cerebral stroke, as well as improving the quality of life in SCD patients.”

Stressing on the need for active steps to combat the disease, Omotosho called for increased care for sickle cell carriers, saying the lack of proper sensitisation on the importance of genotype testing has led to what could have been prevented by the increasing numbers of children born with Sickle Cell Disorder (SCD) in Nigeria.

Sickle cell disease causes the normal round and flexible blood cells to become stiff and sickle-shaped, stopping the blood cells, and the oxygen they carry, from being able to move freely around the blood and causing pain. This can cause episodes of severe pain. These painful episodes are referred to as sickle cell disease crisis.

People with sickle cell disease are also at risk of complications such as stroke, acute chest syndrome, blindness, bone damage, and priapism (a persistent, painful erection of the penis). Over time, such people can experience damage to organs such as the liver, kidney, lungs, heart, and it could also lead to death.

SCD is indeed a disease that worsens over time. Treatments are available that can prevent complications and lengthen the lives of those who have this condition. These treatment options are different for each person depending on the symptoms and severity.

Maintaining cleanliness in hygiene facilities with de-dusting tunnel

D ust causes lots of havoc in otherwise clean environments, leading to expensive maintenance. Thus, preventing the infiltration of dust at the point of entry of raw materials, with de-dusting tunnels, often results in substantial cost savings.

Specialised manufacturing in industries like pharma, biotech, food and beverages, as well as semiconductors, defense and aerospace requires having sterile/clean environments – considering that the presence of foreign particulate matters could harm product quality and yield. However, a significant challenge that needs to be addressed is contaminant entry from the outside through raw material containers, canisters, sacks and bags brought into the facility.

De-dusting tunnels are used to remove loose particles and dust that accumulate on raw material containers even before they are brought into the warehouse or production area. This offers a significant reduction in dust levels, enhancing product quality and improved yield.

These tunnels are a single pass fully-automated system, with sliding doors at entrance and exit of the system. Containers are moved through an endless conveyor and through combinations of a rotary moving brush in X and Y axis which scrub and detach non-viable particles from the container. These containers are subjected to high-velocity air, and loose particles are collected in a tray while airborne particles are retained in a series of filters.

De-dusting systems are increasingly becoming a part of a standard project design layout. An ideal de-dusting system is a GMP-compliant, reliable, automated, mechanised system, which delivers consistent performance over the side effects of cleaning. It is easy to maintain and new features are added to accommodate requirements. Moreover, a good de-dusting offers is predictable and saves costs. Add-on features like synchronisation with continuous sampling system, make it an omnibus integral system with proper data storage and tracking.

Foz Al Kailani is the regional Manager of Fabtech Technologies Africa Limited. Contact: 09077753625, fozialkailani@fabtechnologies.com

Contact:
fozi.alkailani@fabtechnologies.com

Pharma Engineering

with Foz Al Kailani

Pharma Aderemi Omotosho

He added, “Oxyurea is a lifesaving medicine in Nigeria, Bond Chemical Industries Limited, a leading pharmaceutical company in the country, has tasked the federal government to, as a matter of urgency, improve the level of awareness among the populace, saying thousands of the country’s citizens are, under the clutches of the deadly disease, due to lack of proper awareness, funds and ignorance.

In a press release issued by Bond to commemorate this year’s World Sickle Cell Day, on 19 June, the Managing Director, Pharm. Aderemi Omotosho, stated that concerted efforts must be made towards reducing the prevalence of SCD, stressing that the government must make SCD a priority list, and people must be informed on how to avoid giving birth to sickle cell children through adequate awareness on genotype compatibility.

Omotosho also called for increased advocacy on the prevention, treatment, and management of SCD, adding that the management of SCD, adding to the point of entry of raw material, with de-dusting tunnel.
Bitter kola, with the botanical name *Garcinia kola* (Heckel), also known as African wonder nut, is a species of flowering plants belonging to the family Guttiferae. It grows in coastal rainforests in the south-western and south-eastern parts of Nigeria, and can also be found in some other African countries, such as Cameroon, Côte de Ivoire, Ghana, Liberia and Gabon. Bitter kola is called “mijin-goro” in Hausa, “akilili” in igbo and “oroogbo” in Yoruba.

### Constituents

The bitter plant is believed to contain carbohydrate, crude fibre, fat, crude protein, vitamins and minerals, such as Vitamins A, C, E, B1, B2, B3, fibre, calcium, potassium and iron, as well as other antioxidants. Phytochemical assay showed that tannin, sapoium, phytic acid, phenol, Trypsin inhibitor, sterol, flavonoid, alkaloid, oxalate, caffeine, theobromine and Hydrogen cyanide were present in significant amounts. Kolavinol was found to be an active compound of bitter kola.

### Preparations

The fruits, seeds, nuts and bark are used for their pharmacological activities. The nuts may be eaten raw. Different parts of the plant may be taken as decoctions alone or in combination with other medicinal plants. Extracts of the plant may also be used.

### Pharmacological actions and medicinal uses

The bitter kola tree has been widely used both in medicine and cosmetology due to its stimulating, astringent, draining, decongestant, antioxidant, anti-inflammatory, vaso-protective, lipolytic, bronchodilator, antihypertotic, antimicrobial and a number of other properties.

As a result of the saponin content, *Garcinia kola* helps to improve the function of the lungs by expanding the alveolar ducts and sacs, and as such, strengthens the fibres in the tissue of the lungs, thereby providing relief for chest cold and prevents cold altogether. The antibacterial and antiviral properties of bitter kola make it useful in the treatment of sore throat and cough, bronchitis, typhoid, tuberculosis, diarrhoea, and other bacterial infections.

Studies have shown that the seeds of bitter kola possess the ability to treat acute fever and malaria, lower blood glucose, treat glaucoma, manage osteoarthritis, combat nausea and vomiting in pregnant women, detoxify the human body during food poisoning and repel snakes.

Bitter kola helps to promote weight loss by its hunger suppressing and thirst stimulating properties. The caffeine and theobromine content in bitter kola makes it a good cognitive booster and natural diuretic.

### Adverse effects

The most common side effects associated with bitter kola include dry mouth, insomnia, rapid heartbeat, nausea, stomach cramps, diarrhea and hives.

### Economic potentials

Bitter kola costs between ₦200 and ₦500 per kg in the Nigerian market. A study in Ore, Ondo State, showed that trade of *garcinia kola* contributed ₦118,800.00 quarterly net income to each family. Economic analysis of bitter kola marketing in Osun State revealed a gross margin of ₦2,694,800, a net profit of ₦2,102,200, with a benefit cost ratio of ₦1.53K.

Nigeria produces about 150,000 tons of bitter kola annually, of which over 90 per cent are locally consumed. However, it is in great demand in Britain, America, China, India and other Asian countries. Bitter kola is used for food purposes and as raw material in the pharmaceutical and food industries. There is growing demand for bitter kola for traditional medical therapy.

Great opportunities abound in the cultivation and distribution of bitter kola both locally and internationally.
Getting your sales representatives back to winning ways

Sales is naturally a high-pressure job, which is the thrill for most sales people. The pressure comes from the fact that one always needs money (and more money) and only the sales function brings in cash into the company’s coffers. This is permanently in motion; reps are targets (a.k.a. quotas). However, in any given month, sales managers’ experience is that someone is doing less than the set sales objectives.

Even the best salespeople have bad months or quarters. But if and when you have a rep or reps not meeting their targets and/or in a prolonged slump, here are eight things you can do to help get them (and yourself) back on track and above quota.

Conduct a review to identify the important numbers

Start with a bottoms-up review of their daily activities - planning and its implementation, use of available resources, quality and quantity of calls, pipeline; and be as empirical as you can. You can start with customer, historical performance, engagement with healthcare professionals, etc.; Work back through pending opportunities, and continue to get more granular and tactical until you find a specific area for deep dive and improvement. At the end of the day, only one to three metrics will be important.

My list: Daily call rate/ attendance records, follow-up rates, presentation close rates, networking, relationships, productivity and motivation.

Focus on what is within your control

No doubt, a large number of factors and issues affect sales effectiveness. But at this point, it is unproductive to complain about government policies, depth and spread of product offering, frequency of NMA strike, market conditions, outdated detail aid, inadequate corporate support or any of the very many factors outside of your and the rep’s control. Instead, focus on what they can control. Start immediately, medium-term and every day. Activity volume, quality, quantity and quality of presentation, building and developing relationships of inconsistent distributions, old customers, following-up with healthcare professionals and the trade, improving coverage, processes. To be fair, there are always things and issues firmly within the control of the rep and the manager that can significantly improve sales.

Great salespeople go through slumps. But there’s a difference between someone who’s giving it everything they’ve got and those who are nailing it in. Look for signs that your reps might have a decline in motivation, initiative or passion for what they’re doing. The source of this could be inside or outside the organisation; but either way it’s affecting their performance. Help identify and resolve any issues as best you can.

Compare current and previous habits and performance measures

Perhaps, it has not always been this for the rep during he or she was better than this. In circumstances like this, we can borrow from a practice by sportspeople: athletes in a slump review video of themselves when they were “in a fire zone” to identify what they were doing particularly well (and may have stopped doing or adjusted since then).

Salespeople should do the same thing with your help as the manager. Look at their performance habits, productivity and motivation when they were at the top of their game. Not just activity figures but attendance records, follow-up rates, presentation close rates, networking, relationships, coverage etc. Figure out the right measures for your business and sales floor, and look for what’s changed. Use this to develop a plan of action to return to the winning ways.

Joint calls and peer shadowing

The first option is your first-hand evidence on how the rep works, his skills, his attitudes. This you achieve by making a joint-call with the rep concerned. This is not for judgement but to see how to help the rep. The second option is to have a trusted colleague/successful rep shadow the rep for a few hours, spread over these four days and any customer types that you suspect might be an issue - doctors, wholesalers, distributors, etc. Watch their activity, listen to their calls, and sit in on a new presentation. It’s often difficult to personally pinpoint what we’re doing wrong, but someone else (who isn’t living it minute-to-minute) can often spot these things quickly - especially when they’re filling a similar role next to you.

Evaluate effort, attitude and drive

Even though we assess reps on outcomes such as sales and collection, the fact is that these are consequences of effort, you may end drive. For instance, of 50 per cent of the rep’s work is “showing up”. Is he making the calls? Has he been talking with the relevant people? Has he been passing the right message?

Great salespeople go through slumps. But there’s a difference between someone who’s giving it everything they’ve got and those who are nailing it in. Look for signs that your reps might have a decline in motivation, initiative or passion for what they’re doing. The source of this could be inside or outside the organisation; but either way it’s affecting their performance. Help identify and resolve any issues as best you can.

Check your leadership style

It is often said the rot starts from the head. To paraphrase Socrates, “A group of donkeys led by a lion will defeat a group of lions led by a donkey.” When a significant number of reps under a manager are underperforming, the manager needs to look at himself: communication, leadership skills and style, supervision effectiveness, skills and knowledge, interpersonal skills and understanding of each member of the team, etc. are areas for introspective analysis. If you can’t find a handle to it, you may engage a personal life coach (by the way, Ekini White Tulip Consulting offers such services).

Institute rewards at your level

Your company most probably has an incentive and reward system. Most managers seem to be unaware about how to create a conditional reward system within their own team – for examples, rep of the month, specific product rep of the month/quarter, rep of highest sales, rep with highest collection, etc. This does not need to cost you much. It could be open recognition at your meetings, emails (copying your supervisor/company), digital certificate, a plaque, gift, etc. By the way, it is not out of place to use part of the manager’s incentives for this purpose! It is your investment to get a higher level of incentive, promotion and recognition by your company. Trust me, it works!

Check for personal issues.

It is a lie to say you can separate completely the work of the world and the world of “non-work”. How much do you know your reps? The poor performance and slump you see in your reps could be rooted to its root outside the world of work: personal finance issues, personal and family health issues, marital issues, spiritual matters, personal demons/bad habits, etc. are issues that we all consider outside the world of work but often impact negatively on performance and effort. And until they are dealt with, all sales management and leadership strategies will fail. Get involved if you can.

Put them on a PIP

When nothing else seems to work, the last resort is to put the rep on a Performance Improvement Plan (PIP). PIP is “shape up or ship out” or “wake up jolt” plan within a 60 to 90-day frame. It contains specific objectives, activities and outcomes the rep must achieve with clear milestones and consequences. Consequences may be demotion, loss of income/salary, transfer but usually termination, if things do not change significantly. There is a junior version of PIP, which is “performance query”.

The advent of COVID-19 has had huge impact on business in Nigeria and indeed the world. EKini White Tulip Consulting has also been impacted such that we suspended our open training programs since March. Now that we are entering “Post COVID-19”, White Tulip Consulting is back and you can view/download our 3H 2020 open programs here https://web.facebook.com/EkiniWhiteTulipConsulting.

Tunde Oyeniran, a Sales/ Marketing Strategist, Selling/ Sales Management Trainer and Personal Sales Coach is the Lead Consultant, EKini White Tulip Consulting Limited, Lagos. Feedback Channels 080-3960-6103 (SMS/WhatsApp) /ekiniwhite tulipconsulting@gmail.com. Connect h t t p s : / / f b . m e / E k i n i W h i t e T u l i p C o n s u l t i n g

PharmaneWS July 2020 Vol. 42 No. 7

Sales, Marketing, Leadership, Management

Par Excellence

Pharm. Tunde Oyeniran

PAR Excellence with

Pharm. Tunde Oyeniran

Pharmanews App now available on Google Play store, Apple Store, Windows Store
I was privileged to be a panellist.

Pharmaceutical Industry’, held on

The population of Nigeria is

and prosperity hopeless?” The

situation of the Nigerian economy

inflation. It is, therefore, important

evaluate: devaluation of the local

exports for our foreign exchange

high government expenditure,

and health indices, which we will

cent was below the population

The 2019 GDP growth of 2.3 per

have always been there, even

indices, or ease of doing business,

were the same: No, No and No.

about Nigeria during the webinar

of choice for all and sundry.

a potentially rich nation with a

beautiful” paradox because

and I will restrict myself to the part

enough to give a summary of my

took time to prepare for my part

and I will restrict myself to the part

and move on to fulfilling our destiny in

beauty, and resilience. We need to

of duty payment? In India, there is

promoting the Indian pharmaceutical

Nollywood’s contribution of 2.3 per

or about 0.064 per cent of the total

figure should be about $840 million

and that was when one dollar was

and chemical products are sold

NAFDAC is not an agency that will

food, and chemical products are sold

industries. It has a mandate to ensure

must:

consistently government policy

debts and having improved

sector by paying the outstanding

the government to look at the

and N100 billion for others in

package from the Central Bank:

development for the economy in

state here that Nigeria cannot be

and N100 billion for others in

valid source of growth and

the value chain. It is important to

here that Nigeria cannot be

and move on to fulfilling our destiny in

human resources, etc.

by federal and state governments,

patronage of local manufacturers

by few players in Europe and America.

major companies, whose

in 2019, the major

CAGR of 9.1 per cent.

in 2019, the major

is multidimensional,

Nigeria's contribution to the GDP

in 2019, the major

or about 0.064 per cent of the total

figure should be about $840 million

and that was when one dollar was

to do or what must we do to grow the

Path to prosperity

The last question we will ask in

What do we need to do or what must we do to grow the

The webinar was well-

issues & perspectives

COVID-19 and the Nigerian pharmaceutical industry

NAFDAC that will be an advocate

was motivated by

We need a stable and
capacity building. We need to

the current situation calls for cost

We need to work together to build
countries, which is the norm in

For the ease of doing business,

Our market, if we maintain the pre-2016

the revision at the current official

NAFDAC should

NAFDAC that will be an advocate

will turn

expansion of the NBIC:

opportunities in

Nigeria today, will continue to

The other issues bother on

capacity building. We need to

We need to ask questions on

why the National Health Insurance

the out-of-pocket

The current situation in Nigeria

the country, and

自主创新, and

the翻译如下：

Th is article was motivated by the

The Impact Of COVID-19 Pandemic on the Pharmaceutical Industry”, held on Saturday, 7 June 2020 and for which I was a panellist.

The webinar was well-

information and
economics. The five minutes to talk on “Collective Bargaining and Government Relations”, today the any part and the five minutes was only enough to give a summary of my ideas.

The webinar has been followed by many online publications and questions posed
directly to me. I felt it is important to

expanding my ideas in this article

I asked three questions

about Nigeria during the webinar and

where we were the same: No, No and No.

The first question was: “Are the vital statistics relating to our people: whether on the economy, health indices, or ease of doing business, favourable?” The answer, even now is certainly a NO. The vulnerabilities have always been there, even before the COVID-19 pandemic.

The 2019 GDP growth of 2.3 per

cent was below the population

The population of Nigeria is

estimated to be about 200 million

and it is growing. Nigeria has

huge potential demand base which

cannot be ignored by companies,

investors. There is so much to be

Nigeria can become the beautiful

bride of the world. We have a

young, healthy, and resilient

growth rate estimated at about

45 per cent of the total. There is

abundance of mineral resources,

and intelligent human resources.

All we need to do is

to GET OUR PRIORITY RIGHTS

Path to prosperity

The last question we will ask in

What do we need to do or what must we do to grow the

The webinar was well-

issues & perspectives

COVID-19 and the Nigerian pharmaceutical industry

NAFDAC that will be an advocate

was motivated by

We need a stable and
capacity building. We need to

We need to ask questions on

why the National Health Insurance

the out-of-pocket

The current situation in Nigeria

The other issues bother on
The Superior Solution

...in the management of type 2 diabetes

Co-Mepiryl® forte

- Glimepiride 2mg
- Metformin 1000mg

- Effectively controls blood glucose without weight gain.
- Ideal for obese patients.
- Reduces the risk of developing complications in diabetes
- Combines the benefits of two agents in one formulation
- Reduces pill burden and cost
- Ensures 24 hours glycemic control
- Ideal for replacement therapy (for patients stabilized on Glimepiride 2mg with Metformin 1000mg SR)
- Single daily dose guarantees convenience and compliance

It delivers the Therapeutic Triad:
- Confidence
- Compliance
- Convenience

MAY & BAKER OF NIGERIA PLC
8-Irpinia Blvd, Adetokun Estate, Ajah, Lekki Phase 2, Lagos. E-mail: medinfo@maybaker.com. Web: www.maybaker.com
Tel: +234 (0) 1-27111861 - Toll-free: 0806-624-8800, 0803-624-8777

Celebrating 41 Years of Uninterrupted Monthly Publication (1979-2020)
LEADERSHIP INITIATIVES FOR EXCELLENCE (LIFE) SERIES

Character traits of successful leaders

By Prof. ‘Lere Baale

“You are what you do.” — Dr. ‘Lere Baale

Character development

Character development is a lifelong process. A person’s character is formed early in life. However, we do not know exactly how much or how early character develops. But, it is safe to claim that character does not change quickly. People sometimes say a person’s character is like a plant; it grows slowly, but once it has developed, it will grow in the direction it is pointed. Character is an important aspect of leadership. When you build character, you are establishing the foundation for success.

Character development starts with the development of good character. Good character is strong and resilient. It involves the development of strong character traits such as honesty, integrity, courage, and perseverance.

Honest

Honest leaders demonstrate integrity, sincerity, and candour in all their actions. Deception and behaviour will not inspire trust.

Competent

Competent leaders make decisions based on childlike emotional desires or feelings. They set goals and have a vision of the future. The vision must be owned throughout the organisation.

Effective leaders envision what they want and how to get it. They habitually pick priorities stemming from their basic values.

Inspiring

Display confidence in all that you do. Be strong and enduring in mental, physical, and spiritual stamina, you will inspire others to reach new heights. Take charge when necessary.

Intelligent

Read, study, and seek challenging assignments.

Fair-minded

Show fair treatment to all people. Prejudice is the enemy of justice. Display empathy by being sensitive to the feelings, values, interests, and well-being of others.

Broadminded

Seek out diversity. They avoid the “danger of a single story”.

Courageous

Have the perseverance to accomplish a goal regardless of the seemingly insurmountable obstacles. Display a confident can-do when under stress.

Straightforward

Use sound judgement to make good decisions at the right time.

Imaginative

Make timely and appropriate changes in your thinking, plans, and methods. Show creativity by thinking of new and better goals, ideas, and solutions to problems. Be innovative!

Attributes

Attributes establish what leaders are, and every leader needs at least three of them:

Standard-bearers establish the ethical framework within an organisation. This demands a commitment to live and defend the climate and culture that you want to permeate your organisation. What you set down as an example will soon become the rule, especially when you have the ethical behavior learned more by observing than by listening. And in fast moving situations, the organisation will become certain. Being a standard bearer creates trust and openness in your employees, who in turn, fulfill your visions.

Developers help others lead themselves, coaching, training, and coaching. This creates an exciting place to work and learn. Never miss an opportunity to teach or learn something new yourself. Coaching suggests someone who cares enough to get involved by encouraging and developing others who are less experienced. Employees who work for developers know that they can take risks, learn by making mistakes, and win in the end.

Integrators orchestrate the many activities that take place throughout an organisation by providing a view of the future and the ability to obtain it. Success can only be achieved when there is a unity of effort. Integrators have a sixth sense about where problems will occur and make their presence felt in a vision-based framework.

An organisation consists of three components:

The structure gives the organisation its form and dictates the way it will interact.

The followers respond to the structure and the leaders.

The leaders determine the ultimate outcomes. They see the organisation as the character and skills that they bring determine the way problems are viewed and tasks are accomplished.

Lere Baale is a Director of Business School Netherlands www.howesgroup.com and Certified Strategy Consultant at Howes Consulting Group www.howesgroup.com

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

Pharmanews  App now available on Google Play store, Apple Store, Windows Store
Chloroquine, hydroxychloroquine effective as COVID-19 prophylaxis, study finds

By Adebayo Oladejo

A preliminary trial on the use of chloroquine and hydroxychloroquine as prophylaxis for COVID-19 in Nigeria has recorded some level of success. The study protocol, sponsored by LiveWell Initiative (LWI), in collaboration with frontline health workers in the country, has undergone hypothesis testing among physicians, researchers and pharmacists with debates on several professional health platforms.

The results are based on preliminary data gathered from physician-patient compassionate use of chloroquine, hydroxychloroquine and quinine in treatment of moderate to advanced COVID-19. It also recognises some self-medicating individuals who took advantage of the non-prescription remedy.

According to a statement released by the Chief Executive Officer of LWI, Pharm. (Mrs) Bisi Bright, 123 volunteers were involved in the study, of which 110 were on prophylaxis and 13 on treatment.

"The preliminary data also included a few self-medicating members of the public who did so under guidance. Out of the 110 on prophylaxis, there were 70 men and 40 women to corroborate the fact," she said.

According to her, quinine crosses the blood-brain barrier into the alveoli which gives it an added advantage over chloroquine and hydroxychloroquine in COVID-19, and picks up where both stop.

"That, of course, is in advanced COVID-19, especially during Cytokine Storm. The side effects are self-limiting. Reversible ototoxicity is the commonest but the benefit of administering it outweighs the risk of losing a life to COVID-19. The terminal disequilibrium caused by COVID-19 is lethal and is better not experienced. The study protocols are currently being used in Bauchi, Ogun and some other states in Nigeria," she said.

Bright explained that the study protocol comprises six segments, namely pre-exposure prophylaxis, post-exposure prophylaxis, ambulatory care, inpatients care, intensive care unit, post-discharge intermittent and post-discharge intermittent prophylactic therapy.

As part of the empirical data garnered, the Assistant Secretary General, Healthcare Federation of Nigeria noted that the COVID-19 team deployed by LiveWell Initiative in Kaduna received positive feedback from the state government which has adopted the protocol for trial.

Bright said: "There are reports that Bauchi State also adopted the protocol after debates while a self-isolated traveler in Chevron, Lagos, recovered after she was placed on PEP following her physician’s advice. In Canada, a patient on admission at an intensive care unit was fully recovered after fully recovering on injectable quinine, instituted by her physician while another patient, a self-quarantined nurse in the United Kingdom, fully recovered after PEP.

"In Oyo Isolation Centre, all 11 patients placed on the 4-quinolines were discharged after full recovery."

According to the statement, other designated facilities which have procured the protocols, with ongoing experiments with LWI, are Litty Hospital, Warri; FMC, Keffi; FMC, Keffi; Faith Multiplex Hospital, Benin City; Babcock University, Ilishan, Plateau State Government, Jos; Lagos University Teaching Hospitals; AKTH Akwa Ibom State and AKTH Akwa Ibom State.

Speaking further, Bright observed that there was 100 per cent positive outcome and zero deaths with 4-Aminoquinolines in COVID-19 response, stressing that quinine works in an advanced stage of COVID-19 as the case of the single laboratory tested positive client has shown. "Although it has been proven that CQ/HQC is effective in early COVID-19, more studies will be needed due to the small sample size deployed while quinine is effective in advanced stage of COVID-19 including ICU."

"However, post-treatment intermittent prophylaxis is recommended in COVID-19. This explains why I mentioned earlier that more studies are needed," she said.

According to her, the LWI Study Protocols for COVID-19 response are affordable, scalable, and replicable for all Africans and in the Diaspora.

"Recently it was discovered that some tertiary health institutions are using the LWI Study Protocols for COVID-19 prophylaxis and outpatient care. The reason is obvious. Chloroquine / hydroxychloroquine has multiple modes of action which prevents the virus from penetrating the host cell using its 5’ protein and Protease. It breaks the polymerase chain and prevents viral replication. "It is a zinc ionophore and ensures penetration of zinc into the viral cell, altering the Ph. The Zinc also potentiates chloroquine action leading to a good safety profile in therapeutic does," she said.

The Chief Executive Officer of LiveWell Initiative reaffirmed that her COVID-19 team has hosted a webinar on 28 April 2020 with WHO Nigeria, International Pharmaceutical Federation, Pharmaceutical Federation, and EMCOPHARM along with other states in Nigeria, "She said.

"Our LWI Study Protocol recommends quinine for all COVID-19 inpatients (oral for regular inpatients and intravenous for ICU Patients)," she said.

AFROPHARM, and EMCOPHARM to further discuss the innovations of the three phases of its study protocol. "Our objective is to work alongside with governments of Africa and other healthcare stakeholders in the continent to join hands in reducing and eliminating the spread of the COVID-19 virus through hypothesis testing of our study protocol," she emphasised.
BONDOMET
METHYLDOPA TABLETS
B.P. 250 MG
Effective in mild to moderate Hypertension.
NAFDAC REG. NO.: 04-8591

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

BONDURETIC
AMILORIDE HYDROCHLORIDE AND HYDROCHLOROTHIAZIDE TABLETS
Reliable Anti-Hypertensives over years.
NAFDAC REG. NO.: 04-8591

ZOXINE®
Artemether 20mg & Lumefantrine 120mg Tablets
Cures Malaria Effectively!
NAFDAC REG. NO.: A4-6607

Tel: 0705 439 4212, 0705 439 4224.
Email: info@bondpharm.com, bondmarketingunit@gmail.com
www.bondpharm.com
Sexual assault victims recount ordeals as experts list health implications of rape

- Gynaecologist, psychiatrist call for holistic care for victims

By Temitope Obayendo

Sexual assault or gender-based violence, as perpetrated and reported in the news, has assumed an alarming dimension in the country, as it appears to be the wave of the moment following an upsurge in the number of rape cases recorded by the police in recent times. From the popular cases of Vera Omozuzu and Barakat Bello to a host of voiceless others, the list seems endless.

Affirming the spike in sexual violence in the nation, the Inspector-General of Police, Mohammed Adamu, recently disclosed that the police had recorded about 717 rape incidents in the country between January and May 2020, which is an alarming situation in a sane clime. As a means of curbing the dastardly act, the Nigerian Governors Forum declared a state of emergency on rape and called on all states to set up a sex offenders’ register and to sign on to the Convention on the Rights of the Child.

And the perpetrators are not relenting in their devilish acts. The police, the media, and people on the streets are allfilled with fear, anger, and concern. This effect is not restricted to any gender, as Ohihoin noted that the health implications of rape are far-reaching, saying that the body, the mind, and the spirit of the victim would suffer. Orhie Ihoze, who is the host of Voice of the Voiceless, explained that rape and children are not safe in the country, especially to protect the security and safety of citizens in the face of sexual violence by beefing up the instrumentality of the law and formulation and enforcement of strict legislations on the use of pornographic materials.

“The Police are pursuing these crimes to swift justice,” he added. “It is the police’s responsibility to arrest the situation, perpetrators should be brought to book without fear or favour.”

“The victim already is in tears, laceration and bruises. It is the police’s responsibility to arrest the situation, perpetrators should be brought to book without fear or favour.”

Care of victims

Still on the psychological effects of rape, Ohihoin called for a holistic care approach to aid victims’ healing. This is very difficult to achieve because it manifests in different formats. There are cases where some of these victims become assailants and develop violent behaviours in the future. This may influence suicidal ideations,” he said.

The gynaecologist, who ruled out the option of sexual recovery for victims as they are already vulnerable to the act, said they will do all they can to give support from people around them.

“The victim already is in tears, laceration and bruises. It is the police’s responsibility to arrest the situation, perpetrators should be brought to book without fear or favour.”

Government intervention

Although most states of the federation are yet to sign up to the sex offenders’ bill, President Muhammadu Buhari has assured Nigerians on the efforts of his government to fight gender-based violence.

Buhari, who made the statement in his Democracy Day Speech, expressed utter displeasure on the development and expressed determination to bring perpetrators to book.

“I am particularly upset at recent increase in rape, especially of very young girls. I wish to assure all our women and girls of our administration’s determination to fight gender-based violence through the instrumentality of law and awareness creation,” Buhari said.

“The Police are pursuing these cases with all the force at their disposal. They are investigating all cases of rape in the country,” he said.

Further effects

A reproductive health expert further elucidated on the effects of rape, saying it could lead to several infections of the genitals, chronic pelvic inflammatory disease and can equally give rise to blocked tubes.

“These blocked tubes can also invariably lead to infertility in these victims. The injuries they suffer from, if it is severe enough, can leave behind scar tissues over a period of time. These scar tissues then support extraovarian pregnancy. When these tissues occur, it can block their pathway for child delivery, and this is what we refer to as acquired gynatresia,” he said.

Speaking from a psychiatrist’s point of view, Dr. Dapo Adegbaju, a consultant psychiatrist at the Federal Neuropsychiatric Hospital, Yaba, acknowledged the spike in rape cases and attributed the development to various factors including, past childhood sexual abuse, alcohol use, substance abuse, poverty, proliferation of pornographic materials and mental disorders, among others.

Adegbaju noted that if nothing is done urgently to stem the tide of sexual violence by beefing up the security and safety of citizens in the country, especially to protect the vulnerable gender from predators, there may be a surge in cases of rape as a result of what he described as becoming emotionally unbalanced in the society.

“The police have to change their mindsets. A lot of victims need to be helped psychologically, emotionally and spiritually. Psychotherapy is very essential. If rape is not properly handled, it can lead to several mental illnesses, ranging from acute stress reaction to post traumatic stress disorder to mood disorders to substance use disorders or schizophrenia and personality disorders.”

Submitting that sexual violence is not restricted to any gender, he proposed proper sexual training of children, psychology evaluation for perpetrators, with appropriate punishment, as well as formulation and enforcement of strict legislations on the use of pornographic materials, as means of ridding the menace.

Why not trying to be chauvinistic, rape is not only attributed to males. Females also rape males. The essential thing is to teach and train children well about sexuality. Perpetrators should be evaluated psychologically and appropriate punishment meted out. So, pornographic materials should be enforced, while males should be encouraged to join advocacy groups too,” Adegbaju advised.

Care of victims

Still on the psychological effects of rape, Ohihoin called for a holistic care approach to aid victims’ healing. This is very difficult to achieve because it manifests in different formats. There are cases where some of these victims become assailants and develop violent behaviours in the future. This may influence suicidal ideations,” he said.

“There is a need for all states to set up a sex offenders’ register and to sign on to the Convention on the Rights of the Child.

“The Police are pursuing these cases with all the force at their disposal. They are investigating all cases of rape in the country,” he said.

Health implications

A gynaecologist, Dr. Gregory Ohihoin, in an exclusive interview with Pharmanews, noted that the health implications of rape are far-reaching, saying that the body, the mind, and the spirit of the victim would suffer. Orhie Ihoze, who is the host of Voice of the Voiceless, explained that rape and children are not safe in the country, especially to protect the security and safety of citizens in the face of sexual violence by beefing up the instrumentality of the law and formulation and enforcement of strict legislations on the use of pornographic materials.

“The victim already is in tears, laceration and bruises. It is the police’s responsibility to arrest the situation, perpetrators should be brought to book without fear or favour.”

The gynaecologist, who ruled out the option of sexual recovery for victims as they are already vulnerable to the act, said they will do all they can to give support from people around them.

“The victim already is in tears, laceration and bruises. It is the police’s responsibility to arrest the situation, perpetrators should be brought to book without fear or favour.”

Care of victims

Still on the psychological effects of rape, Ohihoin called for a holistic care approach to aid victims’ healing. This is very difficult to achieve because it manifests in different formats. There are cases where some of these victims become assailants and develop violent behaviours in the future. This may influence suicidal ideations,” he said.

“The police have to change their mindsets. A lot of victims need to be helped psychologically, emotionally and spiritually. Psychotherapy is very essential. If rape is not properly handled, it can lead to several mental illnesses, ranging from acute stress reaction to post traumatic stress disorder to mood disorders to substance use disorders or schizophrenia and personality disorders.”

Submitting that sexual violence is not restricted to any gender, he proposed proper sexual training of children, psychology evaluation for perpetrators, with appropriate punishment, as well as formulation and enforcement of strict legislations on the use of pornographic materials, as means of ridding the menace.

Why not trying to be chauvinistic, rape is not only attributed to males. Females also rape males. The essential thing is to teach and train children well about sexuality. Perpetrators should be evaluated psychologically and appropriate punishment meted out. So, pornographic materials should be enforced, while males should be encouraged to join advocacy groups too,” Adegbaju advised.

Care of victims

Still on the psychological effects of rape, Ohihoin called for a holistic care approach to aid victims’ healing. This is very difficult to achieve because it manifests in different formats. There are cases where some of these victims become assailants and develop violent behaviours in the future. This may influence suicidal ideations,” he said.

“The police have to change their mindsets. A lot of victims need to be helped psychologically, emotionally and spiritually. Psychotherapy is very essential. If rape is not properly handled, it can lead to several mental illnesses, ranging from acute stress reaction to post traumatic stress disorder to mood disorders to substance use disorders or schizophrenia and personality disorders.”

Submitting that sexual violence is not restricted to any gender, he proposed proper sexual training of children, psychology evaluation for perpetrators, with appropriate punishment, as well as formulation and enforcement of strict legislations on the use of pornographic materials, as means of ridding the menace.

Why not trying to be chauvinistic, rape is not only attributed to males. Females also rape males. The essential thing is to teach and train children well about sexuality. Perpetrators should be evaluated psychologically and appropriate punishment meted out. So, pornographic materials should be enforced, while males should be encouraged to join advocacy groups too,” Adegbaju advised.
Enforce social distancing rules or face COVID-19 spike, NMA warns FG

continued from back page

place like Nyanya, for instance, in Abuja. There is nothing like social distancing there. There is nothing like it also in the markets, banks, and schools.

“When you go to the market, it is just business as usual. So, we need to know why it is so. We talked about self-policing, and I think that is one area that we didn’t get right. The government must find means of enforcing that rule, so we will not worsen our situation in the country,” he said.

Ujah further urged the federal government to constitute a team of researchers to assess response to the disease in the country, noting that this will chart a path for practitioners to follow in the management of COVID-19 patients.

“We need a research team that will monitor regularly what we are doing; otherwise, we will be groping in the dark. The response must be evaluated and we must evaluate and monitor what we do.

“If you say we should wear a face mask, what is the percentage of Nigerians wearing masks in Abuja?” he questioned.

The ACPN president further lamented shortage of healthcare practitioners in the frontline of the battle against the virus, calling the attention of government to the need to recruit more medical practitioners to the healthcare sector.

He described as unacceptable the presentation ratio of 40,000 doctors to an estimated population of 200 million, as against the World Health organisation (WHO)’s recommendation of doctor/patient ratio of one to 600.

Ujah said: “The COVID-19 pandemic has exposed how weak the Nigerian healthcare system is. In Nigeria, we have 40,000 doctors taking care of 200 million people. That is unfortunate for us, as against the WHO standard of one to patient ratio of one to 600.”

Concerning his agenda for his two-year tenure, Ujah said his administration will make female doctors as well as senior colleagues more active and engaged in NMA’s programmes.

“The management will make female doctors as well as senior colleagues more active and engaged in NMA’s programmes,” he said.

“We want to ensure that all pharmacists participate in NMA’s activities. First we will find out why senior colleagues have not been participating, and we will allow female doctors to take active parts in our programmes for gender balance,” he stated.

“We face a crucial time with the COVID-19 pandemic. This pandemic is not just a health crisis but also a socioeconomic crisis. Hence, NMA must be innovative in its approach. We will look at how to reposition the association by adopting technology for some of our meetings.

“We will manage our resources with integrity and ensure that international standards of financial management are adopted in NMA in order to enhance accountability and transparency in the day-to-day operations of our Association. In addition, we will seek innovative ways for sustainable funding for NMA. I want to appeal to our members with such ideas to please reach out to the NOC with their contributions.”

ACPN tasks FG on special security for members, other healthcare workers

continued from back page

O. Adekola, and the National Secretary, Pharm. (Mrs) Abosede Idowu.

According to the ACPN, the group recently called on all strategic location, Lagos State, has witnessed dozens of other deaths and harassment which were not properly documented at different times.

The ACPN also implored the FG to consider the option of securing the insurance for community pharmacists and other healthcare providers, especially those who are professionally mandated to render essential services at times of national emergency.

The association also called on all well-meaning Nigerians, traditional rulers and spiritual leaders, as well as men of good will, in the bid to tackle the escalating menace of attacks on its members.
YTACAN
RELIABLE ANTI-FUNGAL

* BROAD-SPECTRUM ANTI-FUNGAL
* ESTABLISHED EFFICACY AND SAFETY
* EFFECTIVE IN THE TREATMENT
  OF DERMATOPHYTOSIS
* JOCK ITCH
* ITCHING AND RASHES
* ECZEMA

YTACAN PLUS
TRIPLE ACTION CREAM

CLOTRIMAZOLE
Time tested and trusted anti-fungal
NEOMYCIN
Wide-spectrum antibacterial
for preventing / treating infections
BETAMETHASONE
Relieves inflammation, itching and redness

MOBILE AUTHENTICATION SERVICE AVAILABLE
Manufactured by / Fabriqué par :
SAGAR VITACEUTICALS NIGERIA LTD.
Plot 2, Ladipo Oluwole Street, Ikeja, Lagos, Nigeria.
+2347036567282 +2347066747157 +2349022977711

Celebrating 41 Years of Uninterrupted Monthly Publication (1979-2020)
LOXAGYL®
METRONIDAZOLE

Trusted Metronidazole

Uses

- Dysentery/Diarrhoea
- Dental infections
- Anaerobic infections e.g. wounds
- Amoebiasis
- Genito-urinary tract infections

Manufactured by: MAY & BAKER
1, May & Baker Avenue,
Off Ijebu Rd, Ota,
Ogun State, Nigeria.
http://www.may-baker.com
Tel/Fax: +234 8032 032 957

CONTRA-INDICATION: Chronic alcohol dependence
Side effects include metallic taste, nausea, furred tongue
Always read product insert for more information
The Association of Community Pharmacists of Nigeria (ACPN) has urged the federal government to set up special security and police squads to ensure more rigorous surveillance of pharmacies and other health facilities in the country, saying the constant killing of pharmacists on duty is a painful waste of valuable human resources, at a time the nation continues to search for its best hands to salvage it from the ravages of diseases and other challenges.

The association made the call in a statement signed by its National Chairman, Dr Samuel As the Nigerian government struggles to contain the spread of the COVID-19 pandemic in the country, medical doctors under the aegis of the Nigeria Medical Association (NMA) have cautioned on the need to enforce social distancing rules, as directed by the Nigeria Centre for Disease Control (NCDC), saying failure to do so will cause a spike in cases.

The association said it observed with dismay that many Nigerians have jettisoned the advice of healthcare practitioners on social distancing, as people can be seen in public places doing their businesses without any precautions, saying this might lead to a very precarious situation, especially with the commencement of the rains.

Speaking with Pharmanews in an exclusive interview, the newly elected NMA President, Professor Innocent Ujah, said: “We don’t have social distancing, as far as I am concerned. I have gone to a

ACPN tasks FG on special security for members, other healthcare workers

By Adebayo Oladejo

is a painful waste of valuable human resources, at a time the nation continues to search for its best hands to salvage it from the ravages of diseases and other challenges.

The association made the call in a statement signed by its National Chairman, Dr Samuel

continued on page 48

Enforce social distancing rules or face COVID-19 spike, NMA warns FG

- Tasks FG to constitute PTF research team

By Temitope Obayendo

A

The Nigerian government struggles to contain the spread of the COVID-19 pandemic in the country, medical doctors under the aegis of the Nigeria Medical Association (NMA) have cautioned on the need to enforce social distancing rules, as directed by the Nigeria Centre for Disease Control (NCDC), saying failure to do so will cause a spike in cases.

The association said it observed with dismay that many Nigerians have jettisoned the advice of healthcare practitioners on social distancing, as people can be seen in public places doing their businesses without any precautions, saying this might lead to a very precarious situation, especially with the commencement of the rains.

Speaking with Pharmanews in an exclusive interview, the newly elected NMA President, Professor Innocent Ujah, said: “We don’t have social distancing, as far as I am concerned. I have gone to a

continued on page 48

LR, Mr. Isaac Igbanoi, director of admin, Neimeth; Commander Olusegun Ogungbemide, FRSC Lagos State Sector Commander; Pharm. (Mrs) Roseline Oputa, director, sales and marketing, Neimeth, and Deputy Corps Commander Anthony Daodu, zonal Head of operation, zone RS2, Lagos and Pharm. (Mrs) Chovwe Emaniru, Head of marketing, Neimeth, at the Neimeth FRSC Partnership Programme in Lagos recently.