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EDITORIAL

Prioritizing Healthcare in West Africa: The Imperative of International Partnerships

HEALTH & TECHNOLOGY

Ultrasound machines

HCOWA UPDATE

HCOWA visits hospitals in the Central Region.

HCOWA

*Driving better health
across West Africa*





HCOWA: Advancing Healthcare Standards in West Africa

HCOWA, the Health Community of West Africa, is a dynamic organization dedicated to promoting healthcare standards and enhancing access to quality medical services across the sub-region. With a commitment to improving the health and well-being of communities in West Africa, HCOWA serves as a catalyst for transformative change in the healthcare sector.

Our primary focus lies in industry brand promotion, supply and demand linkage, investment and trade policy alignment, and industrial cooperation guidance. Through strategic partnerships and collaborations, we facilitate the exchange of knowledge, expertise, and resources to drive innovation and sustainable development in the medical industry.

At HCOWA, we recognize the importance of academic exchange promotion and other key areas in shaping the future of healthcare in West Africa. Through a blend of online and offline initiatives, we foster

dialogue, facilitate networking opportunities, and explore avenues for cooperation between China and West Africa in the medical sector.

Our mission is to create a new window for medical cooperation between China and West Africa, paving the way for mutually beneficial partnerships and collaborations. By leveraging the strengths and resources of both regions, we aim to address the healthcare challenges facing West Africa and improve healthcare access and quality for all.

We remain steadfast: to be at the forefront of healthcare transformation in West Africa, driving positive change and making a meaningful impact on the lives of millions.

Join us in our mission to advance healthcare standards, foster innovation, and build a healthier future for West Africa. Together, we can create a brighter tomorrow for generations to come.

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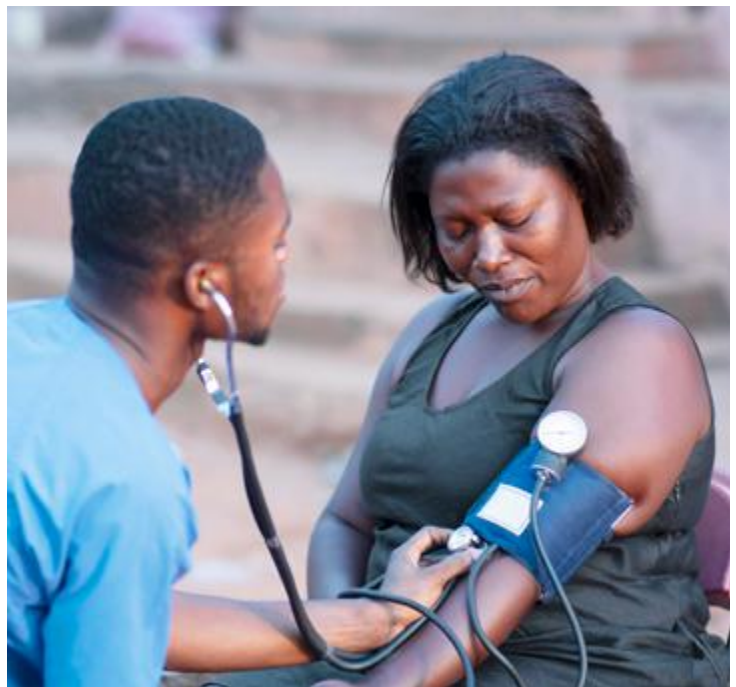


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Prioritizing Healthcare in West Africa

The Imperative of International Partnerships



Health systems in Sub-Saharan Africa, including West Africa, face formidable challenges in combating diseases and providing adequate healthcare. Despite global advancements in medicine and healthcare delivery, the region continues to grapple with significant disparities in healthcare access and outcomes. The recent COVID-19 pandemic has further exposed the vulnerabilities of healthcare systems in this part of the world. It is evident that urgent measures are needed to address these longstanding issues and improve the health and well-being of West African populations.

According to data from the National Library of Medicine, West Africa bears a disproportionate burden of communicable and non-communicable diseases, maternal and infant mortality rates, and the HIV epidemic. For instance, the maternal mortality rate in the region is alarmingly high, with over 66% of global cases reported in West Africa and other sub-Saharan African countries. Similarly, the infant and under-five mortality rates are among the highest in the world, with one

in 13 children in the region dying before the age of 5. The HIV epidemic continues to disproportionately affect the region, with insufficient antiretroviral treatment and AIDS-related complications contributing to infant mortality and reduced life expectancy.

In light of these challenges, it is imperative that healthcare in West Africa becomes a top priority for governments, policymakers, and international partners. One key avenue to address these challenges is through forging strategic partnerships with nations like China, which have advanced healthcare technologies and resources that can contribute to strengthening healthcare systems in West Africa.

China has emerged as a global leader in healthcare innovation and technology, with significant investments in research and development, medical infrastructure, and capacity building. Through partnerships with China, West African countries can gain access to state-of-the-art medical equipment, expertise, and resources that are essential for improving healthcare delivery and outcomes.

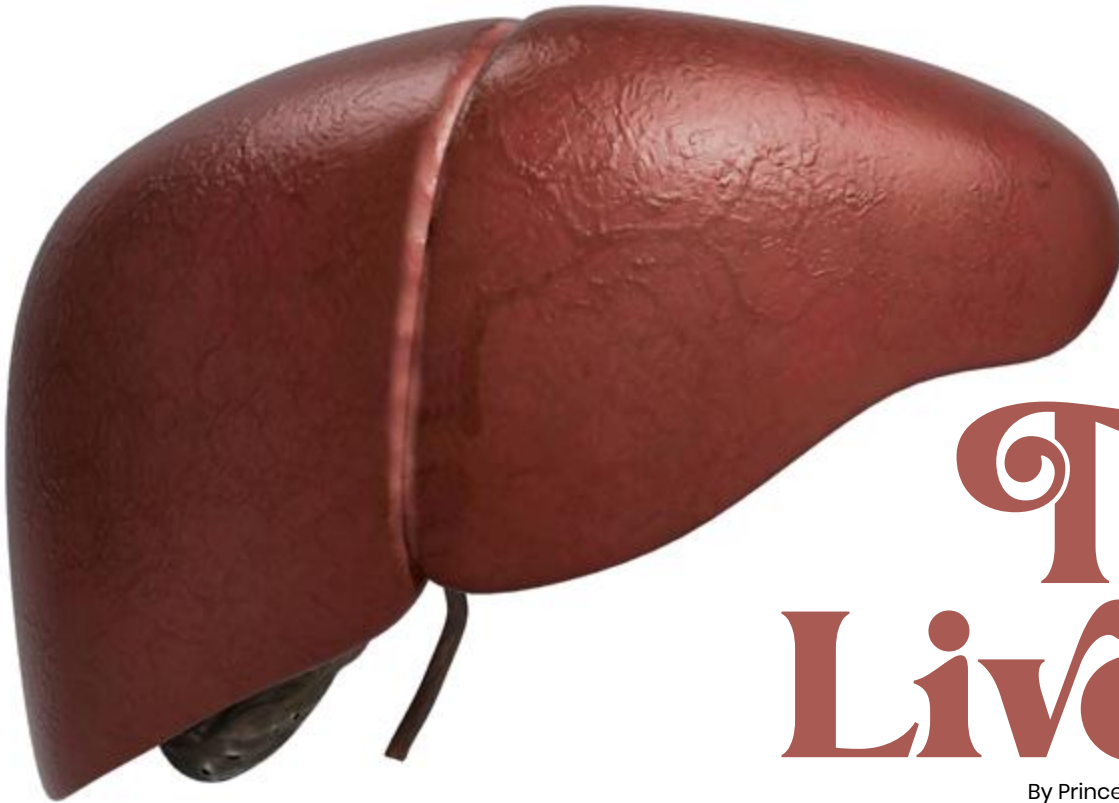
Collaboration with China can facilitate the transfer of knowledge and expertise

in areas such as telemedicine, digital health solutions, medical imaging, and diagnostics. By leveraging China's technological capabilities, West African countries can enhance their healthcare systems, improve patient care, and address the pressing health challenges facing their populations.

Furthermore, partnerships with China can promote mutual learning and exchange, fostering innovation and capacity building in the healthcare sector. By working together, West African countries and China can develop sustainable solutions to address the region's healthcare needs and contribute to achieving universal health coverage and the Sustainable Development Goals.

In conclusion, prioritizing healthcare in West Africa requires concerted efforts and collaboration with international partners like China. By forging strategic partnerships, leveraging technological advancements, and investing in healthcare infrastructure, West African countries can enhance healthcare delivery, improve health outcomes, and ultimately, transform the health and well-being of their populations.

“ One key avenue to address these challenges is through forging strategic partnerships with nations like China, which have advanced healthcare technologies and resources that can contribute to strengthening healthcare systems in West Africa. ”



The Liver

By Prince Opoku Dogbey

The liver, a remarkable organ nestled beneath the rib cage on the right side of the abdomen, plays a crucial role in maintaining overall health and well-being. Despite its relatively modest size, the liver is a powerhouse of activity, performing a myriad of functions that are essential for the body's metabolism, digestion, and detoxification processes.

One of the liver's primary functions is to filter and process blood from the digestive tract before it travels to the rest of the body. As blood flows through the liver, it undergoes detoxification, where harmful substances such as alcohol and toxins are metabolized and neutralized. Additionally, the liver stores essential nutrients, such as vitamins and minerals, and releases them into the bloodstream as needed to support various bodily functions.

Another critical role of the liver is in the metabolism of fats, proteins, and carbohydrates. It produces bile, a digestive fluid that aids in the breakdown and absorption of fats from the diet. Furthermore, the liver regulates blood

sugar levels by storing excess glucose as glycogen and releasing it into the bloodstream when blood sugar levels drop too low, ensuring a steady supply of energy for the body.

Moreover, the liver is involved in the production of proteins necessary for blood clotting, immune function, and maintaining fluid balance within the body. It also helps in the synthesis of cholesterol and triglycerides, which are essential components of cell membranes and hormones.

Adopting a healthy lifestyle can go a long way in promoting liver health. This includes:

1. Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limiting the intake of processed foods, saturated fats, and sugars can help prevent fatty liver disease and

maintain a healthy weight.

2. Limiting alcohol consumption or abstaining from alcohol altogether. Excessive alcohol intake can lead to liver damage, inflammation, and cirrhosis over time.

3. Avoiding exposure to harmful substances and toxins, such as chemicals, pesticides, and certain medications, whenever possible.

4. Engaging in regular physical activity to maintain a healthy weight and improve overall metabolic function.

In conclusion, the liver is an indispensable organ that performs a multitude of vital functions essential for human health. By adopting a healthy lifestyle and taking proactive measures to protect and support liver health, individuals can safeguard this invaluable organ and optimize their overall well-being.

Ultrasound Machines

Ultrasound machines have revolutionized the field of healthcare by providing non-invasive, real-time imaging of the human body's internal structures. These remarkable devices, also known as sonography machines, employ high-frequency sound waves to generate images, making them an invaluable tool for diagnosing and monitoring various medical conditions. In this article, we'll explore the capabilities and significance of ultrasound machines in modern healthcare.

Principles of Ultrasound

Ultrasound machines operate on a simple yet ingenious principle: they emit sound waves, typically beyond the range of human hearing, into the body. These sound waves bounce off different tissues and organs within, producing echoes that are then captured by a transducer. The transducer converts these echoes into visual images, which are displayed on a screen in real-time. This process allows medical professionals to view the body's internal structures without resorting to invasive procedures.

Versatile Applications

Ultrasound machines have a wide range of applications across various medical specialties. Obstetricians and gynecologists use them to

By Nana Ama Oforiwaa Antwi

monitor fetal development during pregnancy and diagnose conditions in the female reproductive system. Cardiologists employ ultrasound for echocardiography, a technique that provides detailed images of the heart's structure and function. Radiologists use ultrasound to examine organs like the liver, kidneys, and gallbladder, aiding in the detection of tumors, cysts, and other abnormalities.

Advantages in Patient Care

The non-invasive nature of ultrasound imaging makes it particularly advantageous in patient care. Unlike X-rays or CT scans, ultrasound does not expose patients to ionizing radiation, making it safer, especially for pregnant women and children. Additionally, ultrasound procedures are often more comfortable for patients as they typically involve applying a gel to the skin and gently moving the transducer over the area of interest.

Portability and Accessibility

One of the key strengths of ultrasound machines is their portability. Compact and easy to maneuver, they can be used at the patient's bedside, in remote areas, or even in ambulances. This accessibility ensures that healthcare professionals can quickly assess and diagnose patients, making ultrasound an essential tool in emergency medicine and critical care settings.



In Conclusion

Ultrasound machines have become indispensable in modern healthcare due to their versatility, non-invasive nature, and portability. These devices provide invaluable insights into the human body's internal workings, aiding in the diagnosis and monitoring of various medical conditions.

HCOWA China West Africa

By Prince Opoku Dogbey

Medical Industry Investment and Development Summit Set to Elevate Healthcare Collaboration

In a bid to fortify healthcare partnerships between China and West Africa, the eagerly anticipated 2024 HCOWA China West Africa Medical Industry Investment and Development Summit and West African Medical Industry Expo are poised to kick off in Accra, Ghana, from August 26th to August 28th, 2024.

With the Accra International Conference Centre serving as the venue, the summit aims to convene a diverse array of stakeholders, including government officials, medical industry leaders, and representatives from both China and West Africa. The event seeks to foster collaboration and explore opportunities for mutual growth and development in the medical sector.

Themed "Seizing the opportunity to lay out a new track for the West African medical industry," the expo will spotlight industry brand promotion, supply and demand linkage, investment and trade policy alignment, and industrial cooperation guidance. Through a blend of online and offline activities, participants will engage in interactive exhibitions, academic exchanges,

and high-level discussions to chart the course for future cooperation in healthcare.

The expo format features an interactive showcase of supply and demand, featuring booths representing the supply side and negotiation spaces for demand-side participants. With an estimated 150 VIP meeting seats available for West African hospitals and an anticipated 20,000 visitors from West African medical institutions, the event promises to facilitate meaningful exchanges and partnerships.

China's robust medical industry will also take center stage, with approximately 200 companies showcasing their innovations through exhibition booths and summit participation. Additionally, 30 Chinese medical industry representatives will contribute their expertise to the summit discussions,

further enriching the dialogue on healthcare collaboration.

Notable guests expected to grace the event include the President of Ghana, Chinese envoys to Ghana, dignitaries from relevant Ghanaian government departments, envoys from West African countries, Chinese government representatives, and business leaders from both nations.

The 2024 HCOWA China West Africa Medical Industry Investment and Development Summit and West African Medical Industry Expo hold immense promise for fostering cross-border partnerships, driving innovation, and ultimately improving healthcare outcomes for the people of West Africa. Stay tuned for updates as the event approaches, marking a significant milestone in healthcare cooperation between China and West Africa.




 HCOWA Update

HCOWA visits hospitals in the Central Region

Following the inaugural conference of the Health Community of West Africa, which was attended by representatives from the health directorates and officials at the Ghana Central Regional Investment and Tourism Expo in Cape Coast, the leaders of the organization paid a visit to four health facilities on August 31st, 2023, in the Mfantseman District.

The health facilities are Saltpond Hospital, Aburi Dunkwa, Ewim, and Elmina Polyclinics.

The purpose of the meeting was to have a sit-down with hospital leadership to discuss their needs and explore possible ways of collaboration to improve the standard of healthcare in the region.

Their first stop was the Salt Pond Hospital, where they met with the Health Superintendent, Dr. Michael Danso, Paul Agyawuah, the administrator, and a few other officials.

Anna Jiang, the Health Director of HCOWA and leader of the team, stated

that she loves Ghanaians and is here to collaborate to provide quality health care. She reiterated that the aim of HCOWA is to collaborate with health facilities and not to donate.

According to her, being a stakeholder in a health facility has made her aware of several difficulties facing the industry. These difficulties, she says, include a lack of quality equipment, a lack of skilled technicians to repair faulty equipment, and hospital infrastructure, among others.

The superintendent lauded the initiative by commending their decision to collaborate. He added that their aim to collaborate sits better with him than handing out help and donations all the time.

Following Jiang's directive to state the needs of the Salt Pond hospital, the superintendent went ahead to list the needs of the hospital, saying, "The hospital needs rehabilitation and facilities." He further added that they lack equipment, as the ones available are also too old to help them work

efficiently.

"We do not even have adequate human resources; there are only 4 doctors taking care of over 1000 individuals, and our doctors do not even get any form of training to keep them up-to-date with daily trends," he added.

He further added that to help with the issue, they adopted what is termed a private-public partnership, which means they share equipment with private health facilities and split the cost.

He therefore reinstated that their initiative to collaborate is a very good one and was excited about the decision to begin with the Saltpond Hospital, and he expressed that it was good to start from here. Anna Jiang, in response, assured him that the collaboration would allow them to work together to provide solutions to the problems mentioned and expressed her enthusiasm for working together.

Pelvic Inflammatory Disease (PID)

By Prince Opoku Dogbey

Pelvic inflammatory disease (PID) is an infection of the female reproductive organs. It most often occurs when sexually transmitted bacteria spread from your vagina to your uterus, fallopian tubes or ovaries.

Untreated PID can cause scar tissue and pockets of infected fluid (abscesses) to develop in the reproductive tract, which can cause permanent damage.

The signs and symptoms of pelvic inflammatory disease can be subtle or mild. Some women don't experience any signs or symptoms. As a result, you might not realize you have it until you have trouble getting pregnant or you develop chronic pelvic pain.

The signs and symptoms of pelvic inflammatory disease might be mild and difficult to recognize. Some women don't have any signs or symptoms.

When signs and symptoms of pelvic inflammatory disease (PID) are present, they most often include, Pain, ranging from mild to severe, in your lower abdomen and pelvis. There's also Unusual or heavy vaginal discharge that may have an unpleasant odour, unusual bleeding from the vagina, especially during or after sex, or between periods. Some people may also experience pain during sex or while urinating and fever sometimes.

If you experience any of signs and symptoms of PID that aren't severe, still see a healthcare provider as soon as possible. Vaginal discharge with an odour, painful urination or bleeding between periods can also be symptoms of a sexually transmitted infection (STI).

If these signs and symptoms occur, stop having sex and see your provider soon. Prompt treatment of a sexually transmitted infection (STI) can help prevent pelvic inflammatory disease.





By Nana Ama Oforiwa Antwi

A Comprehensive Guide to Unlocking the potential of **Dietary Supplement**

Dietary supplements have become the order of the day since healthy living is widely publicized in recent times. Dietary supplements promise improved health, enhanced vitality, and better overall well-being. They come in various forms, from vitamins and minerals to herbal extracts and protein powders, lining the shelves of pharmacies and health food stores.

But what exactly are dietary supplements, and how can they be integrated into a healthy lifestyle? Let's dive into the world of dietary supplements and explore their benefits, potential drawbacks, and best practices for use.

Dietary supplements are products intended to supplement the diet by providing essential nutrients or bioactive

substances. They can fill gaps in the diet or enhance certain aspects of health. Common types of dietary supplements include:

Vitamins: These micronutrients are crucial for various bodily functions, and supplements can be useful when there's a deficiency.

Minerals: Supplements like calcium, magnesium, and iron can support bone health, nerve function, and more.

Herbal Supplements: Derived from plants, these supplements can have various effects, such as supporting immune health or promoting relaxation.

Protein Supplements: Often used by athletes and fitness enthusiasts, these help meet protein needs for muscle repair and growth.

Fish Oil: Rich in omega-3 fatty acids,

fish oil supplements are known for their heart and brain health benefits.

Multivitamins: These provide a combination of vitamins and minerals in a single dose.

The Benefits of Dietary Supplements

Nutritional Gaps: Supplements can help bridge nutrient gaps in the diet, especially when individuals have specific dietary restrictions or deficiencies.

Health Optimization: Some supplements offer potential health benefits, such as improved immune function, joint support, or enhanced cognitive function.

Convenience: Supplements can be a convenient way to get nutrients that may be challenging to obtain from food

Support for Special Populations: Certain groups, like pregnant women, the elderly, or those with specific medical conditions, may benefit from targeted supplements.

While dietary supplements can offer numerous advantages, it's crucial to use them wisely to maximize their benefits and avoid potential drawbacks. Below are certain things to consider before choosing a supplement.

Consult a healthcare provider: consult a healthcare provider before starting any new supplement regimen to know what works best for you, especially if you have underlying health conditions or take prescription medications.

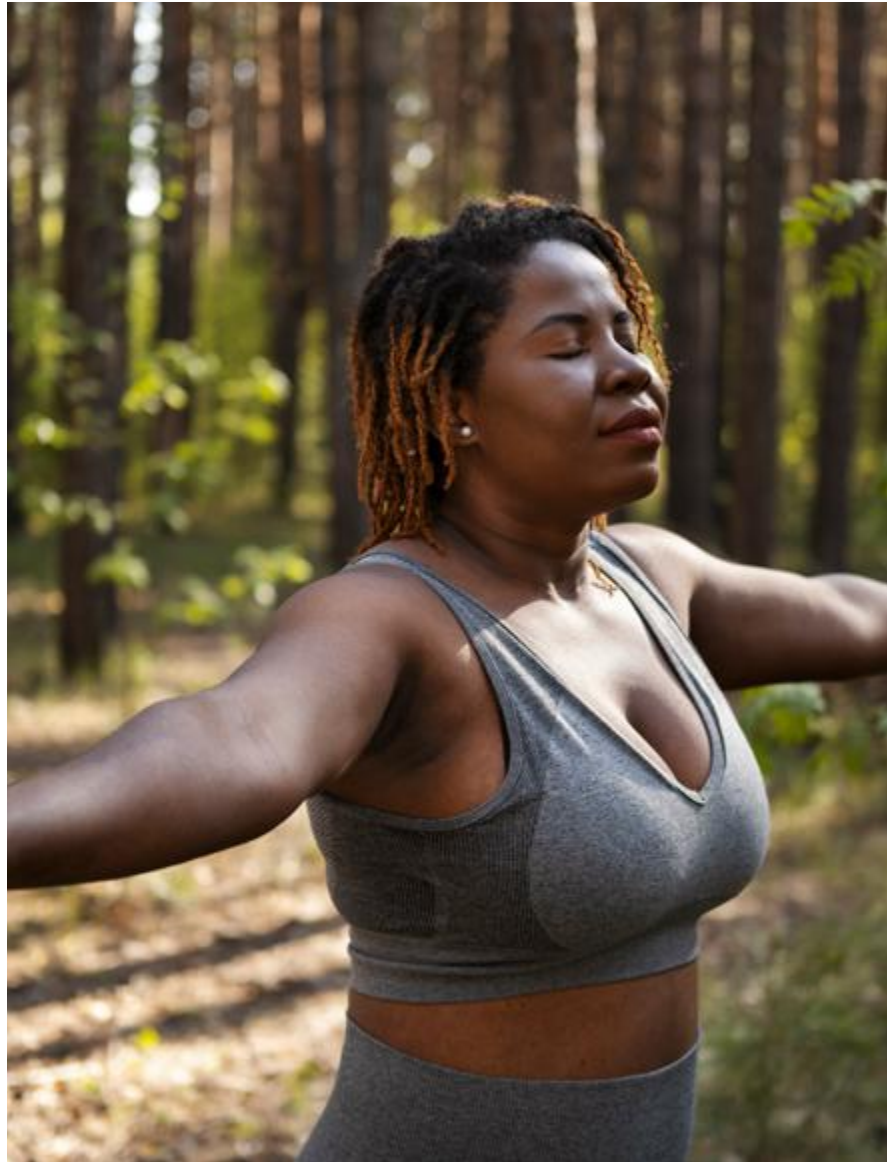
Quality Matters: Choose supplements from reputable brands that adhere to quality standards and third-party testing to ensure purity and potency.

Dosage Matters: Follow recommended dosage instructions, as excessive intake of certain vitamins and minerals can have adverse effects.

Supplements Don't Replace a Balanced Diet: Know that supplements should complement a healthy diet, not replace it. Focus on eating a variety of nutrient-rich foods instead of relying solely on supplement to give you the essential nutrients you need.

Potential Risks: Be aware of potential interactions with medications and the risk of side effects, especially with herbal supplements.

Long-Term Use: Consider whether you need supplements long-term or if they are a short-term solution.



Dietary supplements can be valuable tools for promoting health and well-being when used thoughtfully and in conjunction with a balanced diet and a healthy lifestyle. However, they are not a one-size-fits-all solution, and guidance from a healthcare professional is crucial to make informed choices that align with your individual health needs and goals. With proper knowledge and care, dietary supplements can play a positive role in supporting your overall health journey.



Medical Myth

You should always complete a course of antibiotics, even if you start feeling better

”
Not True.

This common belief was once a standard practice in medicine, but it's not always necessary. The idea behind completing the full course of antibiotics was to ensure that all bacteria were completely eradicated, reducing the risk of antibiotic resistance.

However, recent research has shown that in many cases, it's safe to stop taking antibiotics once you've been symptom-free for a couple of days.

Completing a full course of antibiotics when it's not needed can contribute to antibiotic resistance, where bacteria become less susceptible to the drugs. Instead, it's important to follow your healthcare provider's advice and take antibiotics as prescribed.

If you start feeling better before the course is finished, consult your doctor or pharmacist to see if it's safe to stop taking them. Overusing antibiotics can have serious public health implications, so it's essential to use them judiciously and only when necessary.

Additionally, it's crucial to remember that antibiotics only work against bacterial infections, not viral infections like the common cold or flu. Taking antibiotics for viral illnesses is ineffective and contributes to the development of antibiotic resistance without providing any benefit.

Always consult your healthcare provider to determine whether antibiotics are appropriate for your condition, and if they're not, follow



other recommended treatments or practices to manage viral infections, such as rest, hydration, and over-the-counter medications for symptom relief. This approach helps preserve the effectiveness of antibiotics for when they are genuinely needed and ensures better overall health outcomes.



AFRICA

in focus

Ghana: Parliament Approves
GH¢6.87 Billion for NHIA, Includes

Support for Dialysis Patients

By Prince Opoku Dogbey

In a significant move aimed at bolstering healthcare provisions in Ghana, Parliament has sanctioned a budget of GH¢6.87 billion for the National Health Insurance Authority (NHIA). This allocation is designated to cover health insurance claims and operational activities for the current year.

Of notable mention is the inclusion of emergency assistance for dialysis patients within the distribution formula. This marks a groundbreaking shift, as it's the first time such support has been formally incorporated.

The enhanced funding for dialysis will be activated upon the completion of an evaluation by a dedicated committee tasked with assessing the feasibility of incorporating dialysis coverage into the National Health Insurance Scheme (NHIS) actuarial model.

The allocation breakdown also

encompasses various other vital aspects, such as operational expenses, district office support, and initiatives to promote regular health check-ups, health-related research, as well as awareness campaigns.

Under Section 40(2) of the National Health Insurance Scheme Act, funds from the National Health Insurance Fund are earmarked for covering healthcare costs for NHIS members, administrative expenses, and facilitating healthcare access.

Funds for NHIA are sourced from diverse avenues, including the National Health Insurance Levy (NHIL), parliamentary approval, investment returns, grants, donations, and other voluntary contributions. However, the Earmarked Funds Capping and Realignment Bill (Act 947) stipulates that no more than 30% of proceeds may go to NHIA.

During the parliamentary session,

various members expressed support for the NHIA's initiative to introduce wellness packages, encouraging regular health check-ups among Ghanaians. Additionally, there were calls for increased funding, particularly for dialysis support, with suggestions to allocate GH¢10 million to meet the pressing needs in this area.

Responding to queries, the CEO of NHIA, Dr. Dacosta Aboagye, affirmed the authority's commitment to optimizing healthcare services and clarified aspects regarding procurement plans, including Ghana Cards for children aged six to 14.

In conclusion, Parliament's approval underscores a concerted effort to fortify Ghana's healthcare infrastructure, ensuring equitable access to essential medical services while embracing innovative approaches to address



Aloe Vera and Skincare

Nature's Gift for Healthy Skin

In the world of skincare, one natural ingredient stands out as a true superstar: Aloe vera. Known for its soothing and moisturizing properties, Aloe vera has been a cherished skincare secret for centuries. In this article, we'll explore the remarkable benefits of Aloe vera and how it can transform your skincare routine.

Aloe Vera: A Natural Wonder

Aloe vera is a succulent plant with thick, fleshy leaves that store a gel-like substance rich in essential nutrients. For centuries, it has been used for its medicinal and healing properties, especially in skincare. Here are some of the key benefits that make Aloe vera a skincare favorite:

1. Hydration and Moisturization

One of Aloe vera's primary roles in skincare is its exceptional ability to hydrate and moisturize the skin. The gel inside its leaves is water-dense, making it an effective natural moisturizer. When applied to the skin, it provides a refreshing burst of hydration, leaving your skin soft and supple.

2. Soothing and Calming

Aloe vera's soothing properties make it a go-to remedy for irritated or sunburned skin. It helps alleviate redness, itching, and discomfort. Its anti-inflammatory qualities can also provide relief for conditions like eczema and psoriasis.

3. Healing and Skin Repair

Aloe vera contains compounds that promote skin healing and regeneration. It can accelerate the recovery process for minor cuts, wounds, and insect bites. This natural healer can reduce scarring and promote a smoother skin texture.

4. Anti-Aging Benefits

Aloe vera is packed with antioxidants, including vitamins C and E, which can help protect the skin from premature aging caused by free radicals. Regular use can minimize the appearance of fine lines and wrinkles, giving your skin a youthful glow.

By Prince Opoku Dogbey

5. Acne Treatment

Thanks to its anti-inflammatory and antibacterial properties, Aloe vera can be an effective acne-fighting ally. It helps reduce redness and swelling associated with acne and can aid in preventing future breakouts.

How to Incorporate Aloe Vera into Your Skincare Routine

Using Aloe vera in your skincare routine is easy and versatile:

Aloe Vera Gel: You can apply pure Aloe vera gel directly to your skin as a moisturizer or soothing treatment. Look for high-quality, organic Aloe vera gel for the best results.

Aloe-Infused Products: Many skincare products, such as moisturizers, serums, and lotions, include Aloe vera as a key ingredient. Check product labels to find Aloe vera-infused options.

DIY Face Masks: Create your own DIY face masks by combining Aloe vera gel with other natural ingredients like honey or yogurt for added benefits.

Incorporating Aloe vera into your skincare routine can help you achieve healthier, more radiant skin. Whether you have sensitive skin, dryness, or simply want to maintain your skin's natural beauty, Aloe vera is a versatile and effective addition to your daily regimen. Experience the rejuvenating power of nature with Aloe vera and enjoy the glow of healthy, hydrated skin.

Stroke

Your Guide to Prevention and Recovery

By Prince Opoku Dagbey

Stroke is a critical medical emergency that affects millions of people worldwide each year. While it can be a life-altering event, understanding its causes, risk factors, and the importance of swift action can save lives and enhance recovery. In this article, we will delve into the world of stroke, shedding light on what it is, how it can be prevented, and the path to recovery.

What is a Stroke?

A stroke, often referred to as a "brain attack," occurs when the blood supply to the brain is suddenly interrupted or reduced. This can happen due to a blockage in an artery (Ischemic Stroke) or a ruptured blood vessel (Hemorrhagic Stroke). When the brain doesn't receive enough oxygen and nutrients, brain cells can start to die, leading to permanent damage or even death if not treated promptly.

Recognizing the Warning Signs

Time is of the essence when dealing with a stroke. Learning to recognize the signs can make all the difference. Common symptoms include:

Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.

Sudden confusion, trouble speaking, or difficulty understanding speech.
Sudden trouble seeing in one or both eyes.
Sudden severe headache with no known cause.
Sudden trouble walking, dizziness, loss of balance, or lack of coordination.

If you or someone around you experiences any of these symptoms, don't wait. Call 911 or your local emergency number immediately.

Risk Factors and Prevention

Many risk factors for stroke are modifiable, meaning they can be managed or controlled through lifestyle changes and medical intervention. Some common risk factors include:

High Blood Pressure: Keeping blood pressure in check through a healthy diet, exercise, and medication if necessary is crucial.

Smoking: Quitting smoking greatly reduces stroke risk.

Diabetes: Managing blood sugar levels can lower the risk.

High Cholesterol: A heart-healthy diet and medication if prescribed can help.

Physical Inactivity: Regular exercise can lower the risk of stroke.

Excessive Alcohol Consumption: Moderation is key.

Obesity: Maintaining a healthy weight through diet and exercise can reduce the risk.

Atrial Fibrillation (AFib): Managing this heart condition can prevent stroke.

Family History: Knowing your family's medical history can help you take preventive measures.

Recovery and Rehabilitation

Stroke recovery is a journey that requires patience, perseverance, and support. Rehabilitation programs often include physical therapy, occupational therapy, speech therapy, and medications to manage symptoms and prevent complications.

Conclusion

Stroke is a serious medical condition that can have life-altering consequences, but awareness, prevention, and prompt action can make a world of difference. Know the warning signs.

How Dialysis Machine work?

By Nana Ama Oforiwaa Antwi

Dialysis patients are familiar with routine treatments like clinic visits, weighing, taking measurements, needles, tubes, and waiting. However, have you ever wondered how a dialysis machine works?

The dialysis machine mixes and monitors the dialysate. Dialysate is the fluid that helps remove the unwanted waste products from your blood. It also helps get your electrolytes and minerals to their proper levels in your body. The machine also monitors the flow of your blood while it is outside of your body. You may hear an alarm go off from time to time. This is how the machine lets us know that something needs to be checked.

Dialysis is a treatment for people whose kidneys are failing. When you have kidney failure, your kidneys don't filter blood the way they should. As a result, wastes and toxins build up in your bloodstream. Dialysis does the work of your kidneys, removing waste products and excess fluid from the blood.

The plastic jugs hold the liquids used to mix the dialysate. The machine mixes the dialysate, which is made up of an acidified solution, bicarbonate and purified water. The acidified solution contains electrolytes and minerals. You may hear it referred to as "acid." The other solution is bicarbonate or bicarb, which is like baking soda.

Both are mixed inside the machine with purified water. While you are dialyzing, dialysate and your blood flow through the dialyzer (but they never touch). Fresh dialysate from the machine enters your dialyzer throughout your treatment. Impurities are filtered out of your blood into the dialysate. Dialysate containing unwanted waste products and excess electrolytes leave the dialyzer and are washed down the drain.



Transforming Healthcare with Telehealth and Remote Monitoring

By Prince Opoku Dogbey

In the 21st century where technology is reaching its peak, several innovative ideas have sprung up in various sectors and industries with the purpose of making life easier and better for all. One sector which warmly welcomes technological inventions is the health sector, and the reason being that the sector deals with a very important aspect of human existence; the sustenance of human life.

In recent years, healthcare has undergone a transformative shift with the advent of telehealth and remote patient monitoring technologies. These innovations have made healthcare more accessible, convenient, and efficient for patients and providers alike. Let's explore what telehealth and remote patient monitoring are and how they are revolutionizing the healthcare landscape.

Telehealth is a broad term that encompasses a range of healthcare services delivered remotely using telecommunications technology. What this means is that, telehealth allows patients to access medical care and consultations without the need for in-person visits to a healthcare facility.

Telehealth services can include video consultations with healthcare providers, virtual follow-up appointments, and even remote monitoring of vital signs. One of the key advantages of telehealth is its accessibility. Patients can receive medical advice and treatment from the comfort of their homes, eliminating the need for travel and reducing the burden on physical healthcare facilities. This is particularly valuable for individuals with mobility issues, those living in rural or underserved areas, and people seeking specialist consultations.

Telehealth has proven indispensable during public health crises, such as the COVID-19 pandemic, by enabling the continuation of healthcare services while minimizing the risk of virus transmission.

On the other hand, Remote Patient Monitoring (RPM) complements telehealth by allowing healthcare providers to remotely track patients' health data and vital signs in real time. This technology utilizes wearable devices, sensors, and mobile apps to collect and transmit health information to healthcare professionals.

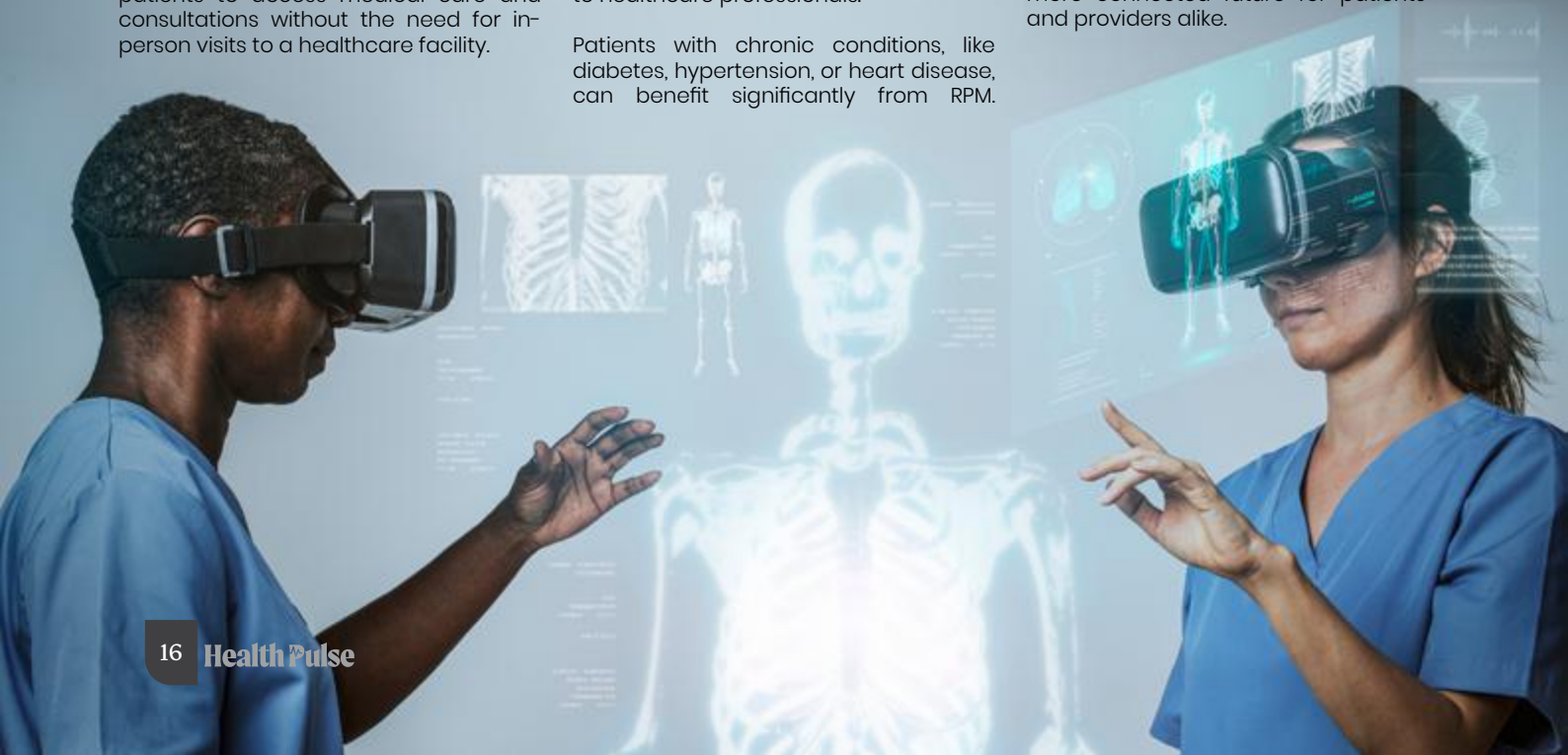
Patients with chronic conditions, like diabetes, hypertension, or heart disease, can benefit significantly from RPM.

These devices continuously monitor parameters such as blood pressure, blood glucose levels, heart rate, and oxygen saturation. If any abnormalities are detected, healthcare providers can intervene promptly, preventing complications and reducing hospital readmissions.

RPM promotes proactive healthcare, empowering patients to take an active role in managing their conditions. It also enhances patient-provider communication; as healthcare teams can make data-driven decisions based on real-time information.

Telehealth and Remote Patient Monitoring are not just trends; they represent the future of healthcare. These technologies improve access to care, enhance patient engagement, reduce healthcare costs, and contribute to better health outcomes. As technology continues to advance, we can expect even more innovative solutions that further revolutionize healthcare, making it more patient-centered and efficient than ever before.

The introduction of telehealth and remote patient monitoring are changing the way we access and receive healthcare services. They offer convenience, accessibility, and personalized care, making them essential components of modern healthcare delivery. As these technologies continue to evolve, they hold the promise of a healthier and more connected future for patients and providers alike.





Cauliflower Pizza Crust

By Nana Ama Oforiwaa Antwi

If you're looking for a healthy alternative to traditional pizza crust, cauliflower pizza crust is a fantastic choice. It's lower in carbohydrates and calories while providing a serving of vegetables. Here's how to make it:

- 1 medium cauliflower head
- 1 egg
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

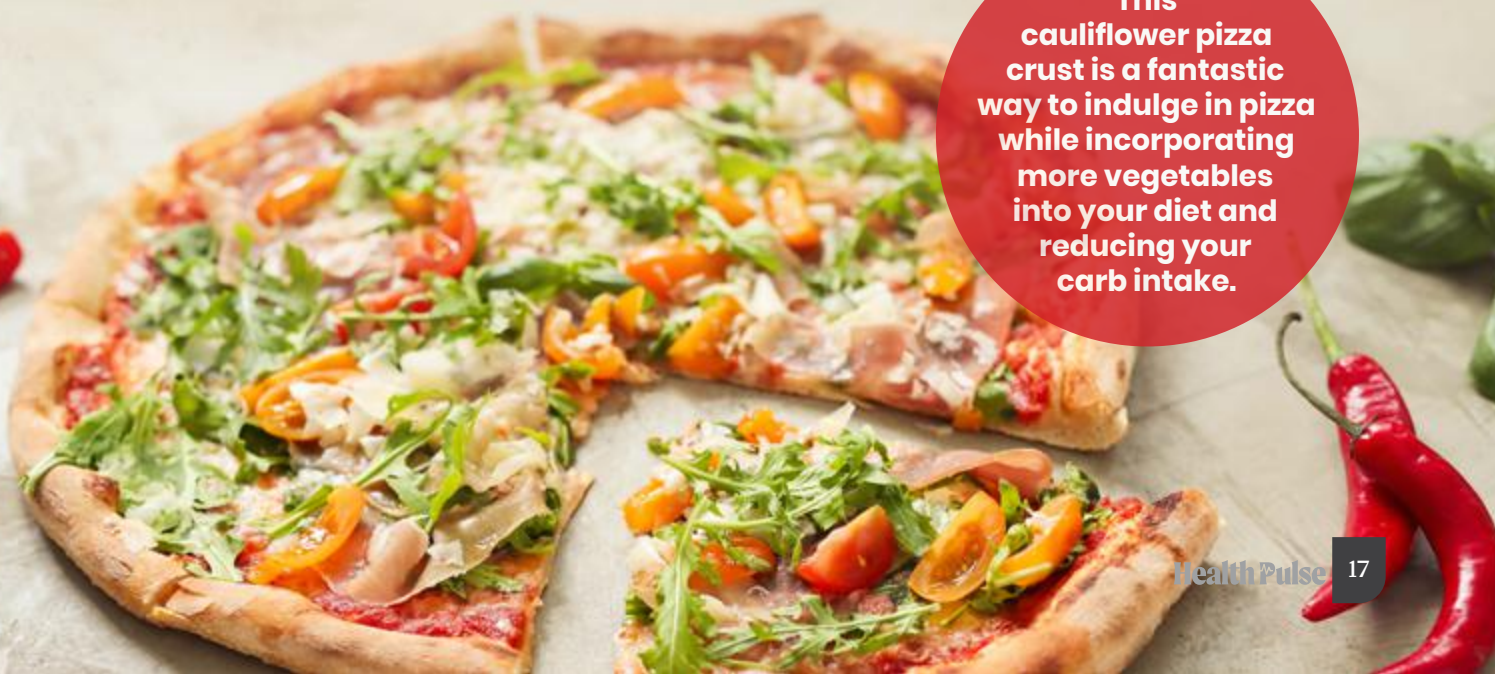
For the Toppings:

- Tomato sauce or pizza sauce (look for a low-sugar option)
- Your favorite pizza toppings, such as:
 - Sliced bell peppers
 - Sliced onions
 - Sliced mushrooms
 - Sliced olives
 - Sliced tomatoes
 - Cooked and sliced chicken breast or turkey sausage (for lean protein)
 - Fresh basil leaves
 - Additional shredded mozzarella cheese (if desired)

Instructions:

1. Preheat your oven to 425°F (220°C) and place a pizza stone or baking sheet inside to heat up.
2. Wash the cauliflower and cut it into florets. Pulse the cauliflower florets in a food processor until they resemble fine crumbs, similar to the texture of rice.
3. Transfer the cauliflower crumbs to a microwave-safe bowl and microwave on high for about 4-5 minutes. This helps remove excess moisture from the cauliflower. Allow it to cool for a few minutes.
4. Once cooled, transfer the cauliflower to a clean kitchen towel or cheesecloth. Squeeze out as much liquid as possible. This step is essential to get a crispy crust.
5. In a mixing bowl, combine the cauliflower, shredded mozzarella, Parmesan cheese, oregano, garlic powder, salt, and pepper. Mix well.
6. Add the egg to the cauliflower mixture and combine until you have a dough-like consistency.
7. Place a piece of parchment paper on a flat surface and lightly grease it with cooking spray. Place the cauliflower dough on the parchment paper and shape it into a pizza crust of your desired thickness, making sure it's evenly spread.
8. Carefully transfer the parchment paper with the crust onto the preheated pizza stone or baking sheet. Bake for about 12-15 minutes or until the crust becomes golden brown.
9. Remove the crust from the oven and add your desired toppings. Be creative with your choices and reheat for additional 8 minutes.
10. Once done, carefully remove the cauliflower pizza from the oven, let it cool for a minute, then slice and enjoy your healthy, homemade pizza!

This cauliflower pizza crust is a fantastic way to indulge in pizza while incorporating more vegetables into your diet and reducing your carb intake.





The Devastating Health Consequences of

Drug Abuse

By Nana Ama Oforiwaa Antwi

Drug abuse is a global crisis that affects individuals, families, and communities in profound ways. While the immediate effects of drugs might offer temporary relief or euphoria, the long-term consequences on one's health can be devastating. From physical to mental health, drug abuse takes a toll that can be irreversible. In this article, we will explore the dangers of drug abuse on one's health.

Physical Health

Drug abuse wreaks havoc on the body, leading to a host of physical health problems. One of the most common consequences is the damage to vital organs. For instance, chronic drug use can impair liver and kidney function, sometimes leading to organ failure. The cardiovascular system is also at risk, with drug abuse increasing the likelihood of heart disease, hypertension, and stroke. Injected drugs pose an additional risk, as they can lead to infections like HIV/AIDS and hepatitis through shared needles.

Mental Health

Drug abuse doesn't just harm the body; it can also have severe impacts on mental health. Regular drug use

can lead to mood disorders, anxiety, and depression. These conditions can become chronic and affect an individual's overall quality of life. Moreover, drugs can impair judgment and decision-making, increasing the risk of accidents, injuries, and risky behaviors.

Cognitive Function

The abuse of drugs can have detrimental effects on cognitive function. Many substances, such as cocaine and methamphetamine, can lead to cognitive decline, memory problems, and impaired concentration. Long-term drug abuse can even result in permanent brain damage, making it difficult for individuals to lead a normal, productive life.

Addiction

Perhaps the most insidious danger of drug abuse is addiction. Repeated drug use can rewire the brain's reward system, making it increasingly difficult for individuals to quit. Addiction can consume a person's life, leading to a cycle of cravings, withdrawal symptoms, and the pursuit of the drug at any cost. Breaking free from addiction often requires professional help and can be a lifelong battle.

Social and Economic Consequences

The impact of drug abuse extends beyond individual health; it affects communities and societies as well. Families are torn apart, relationships strained, and jobs lost. The economic burden of drug abuse is significant, with healthcare costs, lost productivity, and law enforcement expenses adding up to billions of dollars each year.

Conclusion

In conclusion, drug abuse poses serious and far-reaching dangers to one's health. From physical ailments to mental health disorders, cognitive impairment to addiction, the consequences of drug abuse are both immediate and long-lasting. It is essential for individuals to recognize the risks associated with drug use and seek help if they or someone they know is struggling with substance abuse. Prevention and treatment programs are available to help individuals break free from the grip of drug abuse and regain their health and well-being. The road to recovery may be challenging, but it is always worth the effort to lead a healthier, happier life free from the dangers of drug abuse.

Priapism

When erections persist beyond pleasure

By Nana Ama Oforiwaa Antwi

You may have heard of erectile dysfunction which occurs when the penis cannot erect or be firm enough for sexual intercourse. This condition may be very embarrassing for individuals who suffer it and may even cause men to be sterile.

How about the condition which does just the contrary? An illness which keeps the penis erect for hours without sexual arousal. Many refer to this condition as an unwanted or persistent erection which occurs spontaneously causing discomfort to its victims. This condition is what is known as Priapism.

Priapism is a painful erection that lasts for several hours. It develops when blood remains in your penis and can't drain. It can occur without cause, or it may result from an underlying condition, non-medical use of medications, antidepressants, or injury. It requires immediate medical treatment to prevent permanent damage to the penis.

There are about 3 types of Priapism and they include:

Low-flow (ischemic) priapism

Low-flow priapism occurs when blood remains in the erection chambers (corpora cavernosa) and can't escape. It often occurs without a known cause in people without pre-existing conditions, but it also affects people with sickle cell disease, blood cancer (leukemia) or malaria. It's the most common type of priapism.

Recurrent (stuttering) priapism.

Stuttering priapism is a type of low-flow priapism. A long-lasting erection may repeatedly go away and come back. It may last longer and grow more painful each time it comes back.

High-flow (nonischemic) priapism.

High-flow priapism is rarer than low-flow priapism and is usually not painful. Causes may include an injury to your penis or the area between your scrotum and anus (perineum). The injury causes uncontrolled blood flow into the penile tissues, causing a long-lasting erection. Priapism is relatively rare overall, but you may be more likely to have it if you have certain conditions. It occurs in 30% to 45% of people with sickle cell disease.

Causes

Up to 33% of all priapism cases don't have a known cause.

Low-flow priapism causes may include an underlying health condition, including:

- Sickle cell disease.
- Blood cancer (leukemia).
- Malaria.
- Thalassemias.
- Black widow spider bites.
- Carbon monoxide (CO) poisoning.
- Penile cancer.
- An injury to your spinal cord or genital area.

Other priapism causes may include recreational drug use (marijuana, cocaine and amphetamines) and use or non-medical use of certain medications, including:

- Erectile dysfunction medications (phosphodiesterase type 5 inhibitors and intracavernous

injection therapy).

- Certain anti-depression medications (trazodone).
- Certain antipsychotic (neuroleptic) medications (chlorpromazine)

Symptoms

The main symptom of priapism is a prolonged erection, usually lasting longer than four hours without sexual arousal or stimulation. Other symptoms depend on the type of priapism you have.

If you have low-flow priapism, your symptoms may also include:

- An erect shaft but a soft tip (glans).
- Pain that gets worse as time goes on.

If you have high-flow priapism, your symptoms may also include:

- An erection that isn't completely stiff in your shaft.
- An erection that isn't painful.

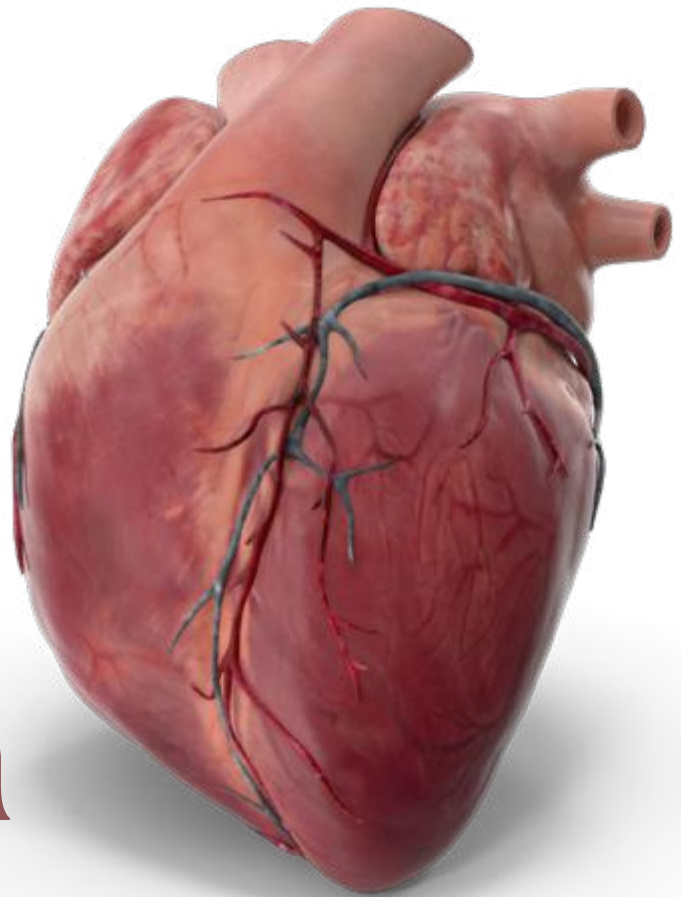
Priapism can occur in anyone with a penis in all age groups, including (very rarely) newborns. However, it most commonly affects children between the ages of 5 and 10 and adults between the ages of 20 and 50.

Without treatment, priapism can permanently damage your penis. Your blood contains oxygen, which the cells in your body use to create energy. If you have priapism, the trapped blood eventually runs out of oxygen, which can harm the tissues in your penis.

Therefore, if you experience an erection that lasts longer than a few hours without sexual arousal or stimulation, don't hesitate to see a doctor.

Heart Health for Men

By Jessica Meledi



Hear health is a vital aspect of overall well-being, and it's particularly important for men to pay attention to their cardiovascular health. In this article, we will delve into the often underestimated risk factors and preventive measures for heart disease in men. While men often prioritize physical fitness, there are several essential considerations to keep in mind to protect their heart health effectively.

Understanding Heart Disease

Heart disease is a collective term for various conditions that affect the heart's function and blood vessels. These conditions can lead to serious complications, including heart attacks, stroke, and heart failure. What makes heart disease particularly concerning is that it often remains asymptomatic until a major cardiovascular event occurs. Therefore, it's crucial for men to be proactive in safeguarding their heart health.

Risk Factors

Several risk factors can increase the likelihood of heart disease in men:

High Blood Pressure: Uncontrolled high blood pressure puts added strain on the heart and blood vessels, increasing the risk of heart disease.

High Cholesterol: Elevated levels of LDL (bad) cholesterol can lead to the buildup of plaque in arteries, restricting blood flow.

Obesity: Excess body weight can strain the heart and increase the risk of conditions like diabetes, which further elevate heart disease risk.

Sedentary Lifestyle: Lack of regular physical activity can lead to weight gain and weakened cardiovascular health.

Family History: A family history of heart disease can indicate a genetic predisposition to the condition.

Preventive Measures

Men can take proactive steps to reduce their risk of heart disease:

Healthy Diet: Adopting a heart-healthy diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy can lower the risk of heart disease.

Regular Exercise: Engaging in regular physical activity, such as aerobic exercises and strength training, strengthens the heart and improves circulation.

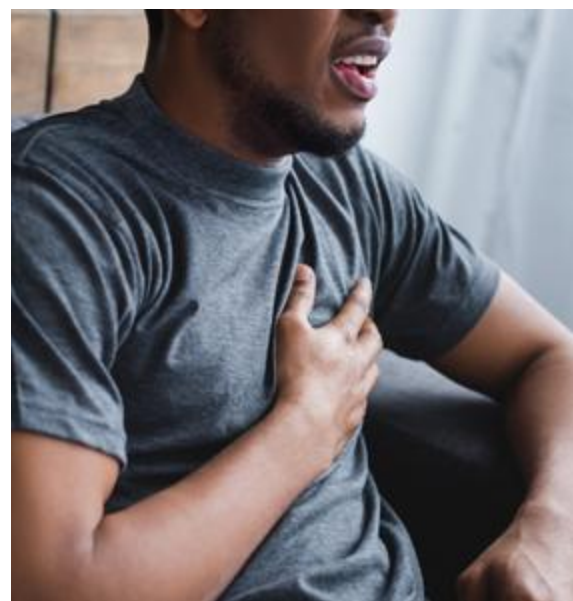
Stress Management: Stress can contribute to heart disease. Men should explore stress-reduction techniques like meditation, yoga, or hobbies that promote relaxation.

Control Blood Pressure and Cholesterol: Regular monitoring and management of blood pressure and cholesterol levels are essential.

Regular Check-ups: Routine medical check-ups can help identify risk factors early and allow for timely intervention.

Conclusion

Heart health is a crucial consideration for men's overall well-being. By understanding the risk factors and adopting preventive measures, men can significantly reduce their risk of heart disease and its associated complications. Prioritizing heart health through lifestyle changes and regular medical check-ups is an investment in a longer, healthier life.





Prioritizing Regular

Dental Check-ups

By Prince Opoku Dogbey

Regular dental check-ups are a cornerstone of maintaining optimal oral health. These appointments serve a dual purpose: they address existing issues and prevent potential problems from escalating. While many people may dread their visits to the dentist, these routine check-ups are essential for keeping your teeth and gums in top shape.

During a dental check-up, your dentist will examine your teeth and gums for any signs of decay, gum disease, or other dental issues. Early detection is key because it allows for timely intervention, preventing minor problems from developing into more significant and painful conditions. Your dentist will also perform a thorough cleaning to remove plaque and tartar buildup, which can contribute to tooth decay and gum disease.

In addition to these immediate benefits, regular dental check-ups offer long-term advantages. They can help you maintain your natural teeth for a lifetime, saving you from the discomfort and expense of tooth loss and dental treatments. Good oral health also has broader implications for your overall well-being, as it's linked to reduced risks of systemic conditions like heart disease and diabetes.

To complement your dental visits, it's crucial to practice proper oral hygiene at home. Brushing your teeth at least twice a day, flossing daily, and using an antiseptic mouthwash can help prevent plaque buildup and maintain fresh breath between dental check-ups.

In conclusion, dental check-ups are not just about fixing problems; they're about preventing them in the first place. By prioritizing these routine appointments, you can ensure your oral health remains in excellent condition, saving you pain, time, and money in the long run.



The Vital Importance of Regular

Check-ups and health screening

By Prince Opoku Dogbey

Don't wait until you're down with a chronic disease before visiting a health center. Many individuals prefer to visit the pharmacy for over-the-counter medication rather than see a healthcare provider for a number of reasons. These reasons may include capital, as access to quality health care in various parts of the world is expensive. Also, in some parts of the world, like Africa, healthcare is not easily accessible due to insufficient healthcare facilities and providers in various rural areas of the continent. The patient-to-doctor ratio is so high that health facilities get swarmed with a lot of people waiting in queues to receive care.

Another reason that keeps a lot of individuals from even having periodic check-ups is the availability of time. Most people work long hours, so they would rather resort to pharmacies or home remedies to cure the flu, headache, and stomach upset than spend working hours visiting clinics.

However, due to the increase in disease outbreaks, including the COVID-19 pandemic, which saw the deaths of at least 3 million people in 2020 (World Health Organisation report), it has become more apparent for individuals to attend regular check-ups and ensure that they stay in good health.

Regular health screenings and check-ups are essential components of maintaining good health and preventing serious medical conditions. While it's tempting to skip these

appointments when you feel well, they play a crucial role in early detection, effective prevention, and overall well-being.

Let's explore why regular health screenings and check-ups are so important for individuals of all ages and provide insights into what these appointments typically involve.

Early detection of health issues

Regular health screenings and check-ups enable healthcare professionals to identify potential health issues in their early stages. Many diseases, such as cancer and cardiovascular disease, are more treatable when detected early. By addressing health concerns before they worsen, you increase your chances of successful treatment and recovery.

Preventive Care

Preventive care is a cornerstone of healthcare. Through screenings and check-ups, doctors can provide vaccinations, recommend lifestyle changes, and offer advice on how to reduce the risk of certain diseases. For example, they can help you manage your weight, control your blood pressure, or quit smoking, significantly lowering your risk of developing chronic conditions.

Personalised Health Plans

Regular visits to a healthcare provider allow for the creation of personalised health plans. These plans take into account your family history, lifestyle, and any specific risk factors you may





have. Having a tailored approach to your health can help you achieve and maintain optimal well-being.

Monitoring chronic conditions

If you have a chronic health condition, such as diabetes or hypertension, regular check-ups are crucial for monitoring your condition's progress and making necessary adjustments to your treatment plan. This can help prevent complications and ensure your condition is well managed.

Mental Health Assessment

Health screenings are not limited to physical health; they also include mental health assessments. Routine check-ups provide an opportunity to discuss any mental health concerns, such as depression or anxiety, with a healthcare professional who can offer guidance and support.

Building a Relationship with Your Healthcare Provider

Consistent check-ups enable you to build rapport with your healthcare provider. This relationship fosters open communication, trust, and a deeper understanding of your health needs. When your healthcare provider knows you well, they can offer more personalised care.

Cost-Efficiency

Despite the belief that visiting the hospital or clinic is often expensive, addressing health concerns early through screenings and check-ups can be more cost-effective in the long run. Treating a condition at an advanced stage often involves more extensive and expensive interventions as compared to treating it at an earlier stage.

Regular health screenings and check-ups are not just for when you're feeling unwell; they are a fundamental aspect of proactive healthcare. By prioritising these appointments, you invest in your long-term well-being, catch potential health issues early, and receive personalised guidance on staying healthy. Make check-ups an invaluable part of your overall health maintenance strategy. Don't wait for symptoms to appear; schedule your next health screening or check-up today, as "prevention, they say, is always better than cure".

Food Hygiene And Happiness

By Nana Ama Oforiwaa Antwi

Eating is not just about satisfying hunger; it's a fundamental aspect of our well-being. At times, our hunger can be so intense that we are often eager to just fill our empty bellies or cravings with little to no care about the state of the food, the environment it's coming from, or the conditions. Hunger can make one care even less about the taste of the food! However, considering the outbreak of several diseases in recent times, it has become more important than ever, that we consume healthy and hygienic food. Consuming foods that are hygienic and healthy is essential to maintaining good health and well-being.

Let's get into other reasons why this is essential:

Disease Prevention

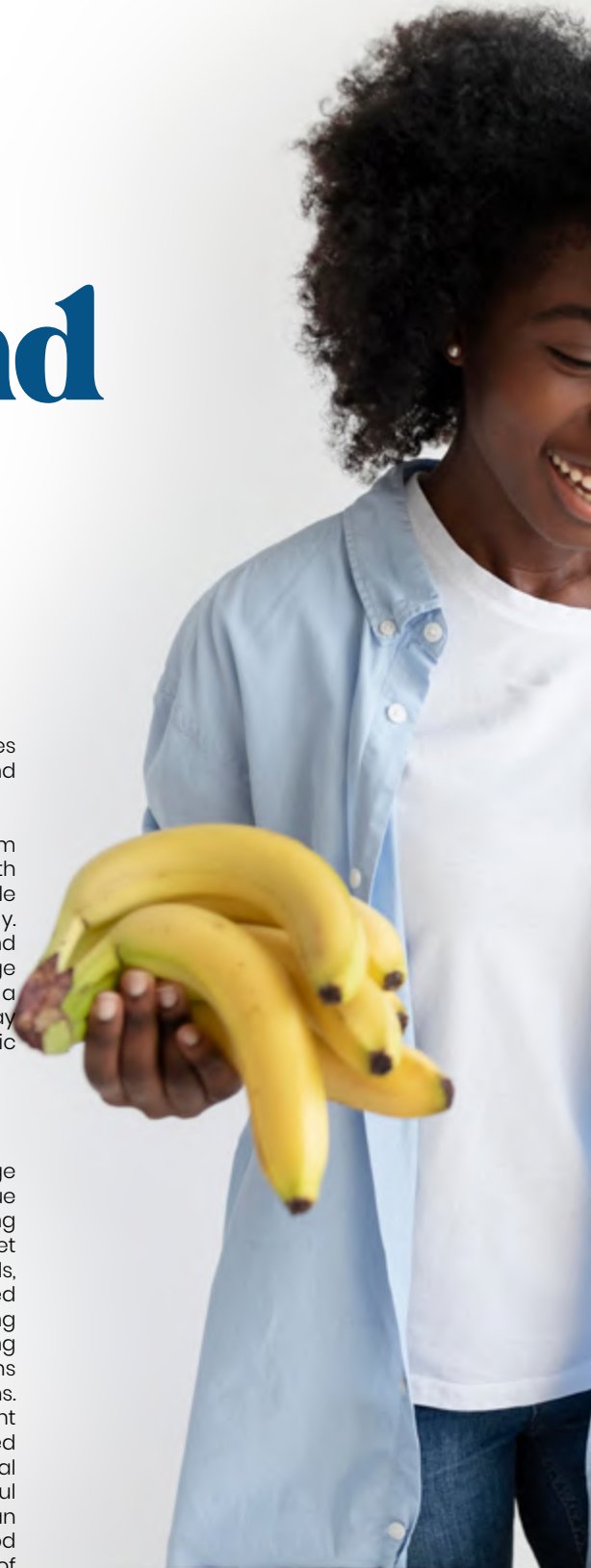
Poor food hygiene can lead to foodborne illnesses caused by bacteria, viruses, and parasites. According to the World Health Organisation (WHO), foodborne illnesses are usually infectious or toxic in nature and caused by bacteria, viruses, parasites, or chemical substances entering the body through contaminated food. Chemical contamination can lead to acute poisoning or long-term diseases, such

as cancer. Many foodborne diseases may lead to long-lasting disability and death.

These illnesses can range from mild discomfort to severe health complications, especially in vulnerable populations like children and the elderly. Sicknesses like cholera, typhoid, and listeria, which may lead to miscarriage among pregnant women, are just a few of several other diseases that may occur from consuming unhygienic foods.

Nutrient Retention

Proper food handling and storage help preserve the nutritional value of the foods we consume. Avoiding contamination ensures that we get the full benefit of vitamins, minerals, and other essential nutrients needed for growth. For instance, washing vegetables thoroughly before cooking can help retain water-soluble vitamins like vitamin C and some B vitamins. Also, good hygiene practices prevent food from spoiling prematurely. Spoiled or rotting food loses its nutritional value and can even become harmful if consumed. By maintaining a clean and sanitised environment for food storage, you extend the shelf life of your ingredients, ensuring they remain nutritionally sound.





Food Quality

In addition, hygienic practices enhance the overall quality and taste of food. Fresh ingredients prepared in a clean environment tend to be more appealing and enjoyable to eat. Before purchasing food, one should be mindful of the surroundings in which the food is sold. You may not have the liberty of checking the kitchens of restaurants and eateries; however, the environment you're allowed to see, the look of the utensils, plate, table surfaces, ladle used in serving, and even the appearance and manner of the person serving you the food, should be your deciding factor when purchasing a meal.

Digestive Health

Good food hygiene supports healthy digestion. Contaminated or spoiled food can lead to digestive discomfort and gastrointestinal problems.

Consider these food hygiene practices:

Handwashing

Always wash your hands thoroughly before handling food. This simple act can prevent the transfer of harmful microorganisms to your meals. Washing hands includes washing in-between fingers, scrubbing fingernails, and even washing your upper hand leading to your elbows.

Food Storage

Store perishable items in the refrigerator and use proper packaging to prevent cross-contamination. Do not store raw and cooked items together in one space to prevent the spread of harmful bacteria. Check expiration dates regularly when purchasing food items.

Cooking Temperatures

Cook meat, poultry, and seafood to the recommended internal temperatures to kill harmful pathogens.

Clean preparation surfaces

Disinfect cutting boards, knives, and countertops to avoid cross-contamination.

Avoiding Cross-Contamination

Keep raw and cooked foods separate to prevent the spread of harmful bacteria. Maintaining food hygiene is a responsibility we all share. By being hygiene-conscious when it comes to food, we can protect our health, enjoy tastier meals, and promote overall well-being. Healthy eating starts with clean and safe food practices, and it's a vital step towards a healthier life.





What causes **Abdominal Pain and Diarrhea**

By Nana Ama Oforiwaa Antwi

Abdominal pain and diarrhea happening at the same time can have a variety of causes. These can include indigestion, a viral infection such as stomach flu, or an intestinal disease. If you're experiencing abdominal pain and diarrhea, it's important to pinpoint the cause of your symptoms. That will determine which medications, home remedies, and tips you can try to help treat and prevent abdominal pain and diarrhea.

Abdominal is pain that you feel between your chest and pelvis. Abdominal pain can be cramp-like, achy, dull, or sharp. It's often called a stomachache. Diarrhea is characterized by stool that's loose, bloody, or fatty. You may feel like you need to go to the bathroom frequently. Diarrhea sometimes accompanies abdominal pain.

Most people occasionally experience abdominal pain and diarrhea for a short time. Changes to your diet, consuming too much alcohol, and indigestion may cause these symptoms.

Diarrhea that gets progressively worse and is bloody can also be a symptom of a more serious issue. Possible causes of abdominal pain and diarrhea include stomach flu, food poisoning, food allergies, lactose intolerance, premenstrual syndrome among others. Indigestion, stomach flu, and food poisoning are common causes of acute abdominal pain and diarrhea. In these cases, your symptoms will last for less than one or two days and often get better.

These conditions and disorders can cause inflammation in different parts of your digestive tract, like the stomach and intestines. When your digestive system is inflamed, you might have cramps and trouble with typical digestive processes. This usually results in abdominal pain and diarrhea.

Seek medical help if you're having abdominal pain and diarrhea that last for more than 2 days if the pain grows increasingly worse over a 24-hour period, or if it's accompanied by vomiting, sustained fever among others.



Avoiding the Common STD

Chlamydia

By Nana Ama Oforiwaa Antwi

Chlamydia, is a common STD that can cause infection among both men and women. It can cause permanent damage to a woman's reproductive system. This can make it difficult or impossible to get pregnant later according to Health professionals. Chlamydia can also cause a potentially fatal ectopic pregnancy (pregnancy that occurs outside the womb).

Sexually active people can get chlamydia through vaginal, anal, or oral sex without a condom with a partner who has chlamydia.

Sexually active young people are at a higher risk of getting chlamydia. This is due to behaviors and biological factors common among young people. Gay and bisexual men are also at risk since chlamydia can spread through oral

and anal sex. A sexually active woman, should get tested for chlamydia every year if you are younger than 25 years old or 25 years and older with risk factors, such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection.

Chlamydia often has no symptoms, but it can cause serious health problems, even without symptoms. If symptoms occur, they may not appear until several weeks after having sex with a partner who has chlamydia.

Even when chlamydia has no symptoms, it can damage a woman's reproductive system. Women with symptoms may notice an abnormal vaginal discharge and a burning sensation when peeing. For men, symptoms include a discharge from their penis, and burning sensation when peeing and pain and swelling in one or both testicles (although this is less common).

Men and women can also get chlamydia in their rectum. This happens either by having receptive anal sex, or by spread from another infected site (such as the vagina).

Laboratory tests can diagnose chlamydia. Your healthcare provider may ask you to provide a urine sample for testing, or they might use (or ask you to use) a cotton swab to get a vaginal sample.

The right treatment after being diagnosed can cure chlamydia. It is important that you take all of the medicine your healthcare provider gives you to cure your infection. Do not share medicine for chlamydia with anyone. When taken properly it will stop the infection and could decrease your chances of having problems later.

Is it Cold or Flu?

By Jessica Meledi

The cold and flu are both respiratory illnesses, but are they the same? Usually, people confuse a cold with the flu because of the similar symptoms. This article will explain the distinction between a cold and the flu.

Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses, including rhinoviruses, parainfluenza, and seasonal coronaviruses. (Seasonal coronaviruses should not be confused

with SARS-CoV-2, the virus that causes COVID-19).

Because flu and the common cold have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than the common cold, and symptoms are typically more intense and begin more abruptly. Colds are usually milder than flu. In fact, more than 200 different types of viruses can cause a cold. The most common cold virus is the rhinovirus.

We call colds “common” because as their name implies, they’re widespread. You’ll probably have more colds in your lifetime than any other illness. Adults

catch two to three colds a year, while young children come down with a cold four or more times a year.

People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Flu on the other hand, can have serious associated complications. Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests can tell if a person is sick with flu.





Symptoms of cold easily spread from person to person. For you to become infected, the virus has to get to one of your mucous membranes that's the moist lining of your nostrils, eyes or mouth. That happens when you touch a surface or breathe moist air that contains the cold virus.

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

There's no cure for a cold. You have to let it run its course. Most colds go away on their own within seven to 10 days and don't turn into anything more serious. Common cold treatment includes over-the-counter (OTC) medications to help reduce your symptoms and keep you comfortable until you recover.

Balanced Nutrition

The Foundation of a Healthy Lifestyle

By Prince Opoku Dogbey



Proper nutrition is the cornerstone of a healthy lifestyle. It provides the body with essential nutrients, energy, and the tools it needs to function optimally. A balanced diet not only supports physical health but also has a significant impact on mental and emotional well-being.

A balanced diet includes a variety of foods from all food groups, ensuring that you get a broad spectrum of essential nutrients. This approach helps maintain a healthy weight, supports the immune system, and reduces the risk of chronic diseases such as heart disease and diabetes.

Portion control is another vital aspect of balanced nutrition. Overeating, even healthy foods, can lead to weight gain and other health issues. Paying attention to portion sizes helps maintain a healthy calorie intake, preventing excessive calorie consumption and subsequent weight gain.



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Making healthier food choices is a key component of balanced nutrition. Opt for whole, unprocessed foods whenever possible
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Making healthier food choices is a key component of balanced nutrition. Opt for whole, unprocessed foods whenever possible. These foods are rich in vitamins, minerals, and dietary fiber. Reducing the intake of sugary drinks, processed snacks, and foods high in saturated and trans fats is essential for maintaining optimal health.

Hydration is often overlooked but is a fundamental part of balanced nutrition. Water is vital for digestion, absorption of nutrients, and overall bodily functions. Staying well-hydrated helps prevent dehydration, which can lead to fatigue, headaches, and other health issues.



Medical Jargons You Need to Know

TACHYCARDIA: Tachycardia refers to an abnormally fast heart rate, typically above 100 beats per minute at rest.

DYSPNEA: Dyspnea is a term for difficulty or labored breathing, often associated with conditions like asthma or heart disease.

HEMATURIA: Hematuria is the presence of blood in the urine, which can be a sign of various underlying urinary tract or kidney problems.

XEROSTOMIA: Xerostomia is a medical term for dry mouth, which can result from medication side effects or certain medical conditions.

Melena: Melena is dark, tarry stool often caused by bleeding in the upper gastrointestinal tract, such as from a stomach ulcer.

Edema: Edema is the medical term for swelling, usually caused by an accumulation of fluid in tissues throughout the body.

Dysphagia: Dysphagia is difficulty swallowing, which can be due to various conditions, including neurological disorders or structural issues in the throat or esophagus.

Ischemia: Ischemia occurs when there is a lack of blood supply to a particular organ or tissue, often leading to tissue damage or cell death.

Myalgia: Myalgia refers to muscle pain or discomfort, which can result from various causes, including overuse, infection, or injury.

Emesis: Emesis is a medical term for vomiting or the act of expelling the contents of the stomach through the mouth.

Understanding these medical jargons can be valuable for individuals seeking to communicate effectively with healthcare professionals and better comprehend their own health conditions.



PROMOTING **QUALITY HEALTHCARE**
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