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HEALTH NEWS

Ghana Launches Think Tank to Advance Health Goals Amid Global Challenges

Pioneering oxygen concentrator innovation in healthcare





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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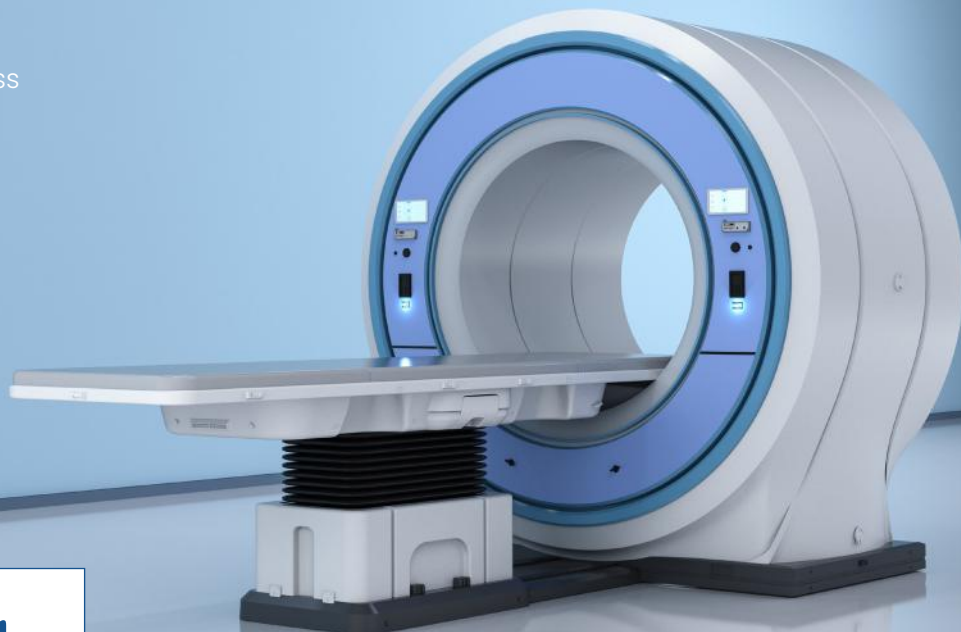
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Urgent Need for Medical Equipment in West Africa

West Africa is facing a critical healthcare crisis due to a severe shortage of essential medical equipment. Healthcare providers in the region are grappling with insufficient funds to acquire specialized medical gear, leaving them unable to offer adequate diagnostic and treatment services.

This shortage includes vital machines like MRI and CT scanners, whose absence significantly hampers the ability to diagnose and treat patients effectively.

The difference in access to medical technology is huge. While 62 percent of countries in the Middle East and 89 percent in Europe have MRI machines, only a fraction of West African countries have access to these crucial diagnostic tools. Similarly, CT scanners are available in 85 percent of Middle Eastern countries and 97 percent of European countries, yet remain scarce in West Africa. This lack of equipment is not just a logistical challenge; it is a matter of life and death.

Without sufficient MRI and CT scanners, healthcare providers cannot accurately diagnose many serious conditions, including cancers, neurological disorders, and cardiovascular diseases. Early detection and treatment are vital for these

ailments, but the current equipment deficit means many conditions go undiagnosed until they are far more advanced and difficult to treat. This results in higher mortality rates and lower quality of life for patients who might otherwise have had a chance at early intervention and successful treatment.

Financial constraints are a significant barrier. Many healthcare facilities in West Africa operate on minimal budgets, making it impossible to invest in expensive diagnostic equipment. Moreover, even when equipment is available, there are often insufficient funds for maintenance and training, rendering these machines ineffective in the long run.

To address this critical issue, a multifaceted approach is necessary. International aid and global partnerships can play a pivotal role in bridging the equipment gap. Wealthier nations and global health organizations need to recognize the urgency of the situation and provide the necessary support, including financial aid, equipment donations, and training programs for healthcare professionals.

Local governments also need to prioritize healthcare funding. This includes not only the procurement of medical equipment but also ensuring the sustainability of these investments through proper maintenance and continuous training. Public-private partnerships

can be particularly effective in this regard, allowing for the sharing of resources and expertise to improve healthcare infrastructure.

Furthermore, encouraging local innovation and manufacturing of medical equipment can provide a long-term solution. By investing in local industries, West African countries can develop cost-effective and durable medical technology tailored to their specific needs and conditions.

In conclusion, providing West Africa with the necessary medical equipment is a critical step towards improving healthcare outcomes and ensuring a healthier future for millions. It is a moral imperative for the global community to act swiftly and decisively to bridge this gap, recognizing that the health and well-being of people in West Africa are intrinsically linked to the progress and stability of the entire region.

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Many healthcare facilities in West Africa operate on minimal budgets, making it impossible to invest in expensive diagnostic equipment.



The Skin

By Yosua Domedjui

Your Body's Protective Shield



The skin, the largest and most visible organ in the human body, often takes a backseat in discussions of human biology. Yet, it plays a crucial role, constituting about 16% of total body weight and serving as the body's primary defense against the external environment. Comprised of multiple layers of tissue, the skin performs various essential functions, with dermatology dedicated to addressing its conditions.

Layers of the Skin

- 1. Epidermis:** The outermost layer acts as a protective barrier against external threats like germs, toxins, and UV radiation. Dominated by keratinocytes, which produce the tough protein keratin, it reinforces the skin's surface.
- 2. Dermis:** Located beneath the epidermis, this thicker layer provides strength and flexibility to the skin due to collagen and elastin fibers. It houses vital anatomical features such as blood vessels, nerve endings, sweat and sebaceous glands, and hair follicles.
- 3. Hypodermis:** Also known as subcutaneous tissue, this innermost layer consists mainly of adipose tissue and loose connective tissue. It serves as a shock absorber, insulating internal organs and storing fats for energy.

Functions of the Skin

- Protection:** Shields the body from physical, chemical, and biological hazards.
- Temperature Regulation:** Helps maintain optimal body temperature through sweating and blood vessel dilation/constriction.
- Vitamin Synthesis:** Produces vitamin D when exposed to sunlight.
- Excretion:** Eliminates waste products through sweat glands.
- Sensation:** Contains sensory receptors for touch, pressure, temperature, and pain.

Skin Disorders

- Acne:** An autoimmune disease causing the rapid production of skin cells, resulting in thick, scaly patches.
- Melanoma:** A type of skin cancer originating from melanocytes, the pigment-producing cells.

Conclusion

As a multifunctional organ, the skin is indispensable for human life, performing vital functions while also being susceptible to diseases. It requires specialized medical attention to maintain its health and integrity. Recognizing the significance of the skin in overall health underscores the importance of its care and treatment in medical practice.

The Importance of Electrocardiography in Healthcare

By Prince Opoku Dogbey

Your heart beats to its own electrical rhythm, orchestrating the symphony of life within your body. Electrocardiography (ECG) is a vital tool that helps doctors listen to this rhythm, providing essential insights into your heart's health.

Imagine your heart as the conductor of an orchestra, directing each instrument to play in harmony. In the same way, your heart sends electrical signals to coordinate the contractions of its chambers, ensuring that blood flows smoothly throughout your body. ECG allows doctors to capture and interpret these signals, helping them understand how your heart is performing.

An ECG works by recording the electrical activity of your heart as it beats. This recording, known as an electrocardiogram, is like a snapshot of your heart's activity over time. By placing small electrodes on your chest, arms, and legs, doctors can capture these signals from different angles, providing a comprehensive view of your heart's rhythm.

One of the most crucial uses of ECG is in diagnosing heart attacks. When a heart attack occurs, a blockage in one of the coronary arteries restricts blood flow to a part of the heart muscle, leading to tissue damage and electrical changes. An ECG can quickly spot these changes, alerting doctors to the possibility of a heart attack and prompting immediate treatment to restore blood flow and prevent further damage.

ECG is also essential for detecting arrhythmias, which are irregular heartbeats that can range from harmless to life-threatening. By analyzing the timing and pattern of the electrical signals, doctors can diagnose different types of arrhythmias, such as atrial fibrillation, ventricular tachycardia, and bradycardia. This information guides the treatment plan, which may include medications, lifestyle modifications, or procedures like pacemaker implantation to regulate your heart's rhythm.

You can find ECG machines in hospitals, clinics, and even ambulances, where they play a crucial role in assessing patients with chest pain, palpitations, or other symptoms of heart problems. In recent years, advancements in technology have made it possible for some personal devices, like smartwatches, to perform simple ECGs, empowering individuals to monitor their heart health more conveniently.

In simple terms, ECG is like a heartbeat detective, helping doctors uncover any issues with your heart's electrical system. By understanding your heart's rhythm, you can take steps to keep it healthy and ticking smoothly for years to come, ensuring that the music of life continues to play without interruption.

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ECG allows doctors to capture and interpret these signals, helping them understand how your heart is performing.



Ghana Launches Think Tank

to Advance Health Goals Amid Global Challenges

In a proactive move to accelerate progress towards the health and well-being targets outlined in the Sustainable Development Goals (SDGs), Ghana has inaugurated the Health and Health-Related Sustainable Development Goals think tank.

The launch event convened key stakeholders from various sectors to address the pressing need for renewed focus amidst ongoing global challenges, including the COVID-19 pandemic, climate change, rising living costs, and conflicts.

The establishment of the Think Tank is a direct response to these global disruptions, which have diverted attention and resources away from the SDGs.

With the pandemic continuing to cast long shadows, climate change accelerating environmental crises, and geopolitical conflicts exacerbating economic strains, there is an urgent need to realign priorities and mobilize collective efforts towards health and well-being.

At the inaugural event, Chief of Health and Nutrition at UNICEF, Manuel Dewez, underscored several significant shifts affecting health outcomes in Ghana. These include the impacts of climate change, environmental pollution, and the transition from infectious to non-communicable diseases (NCDs). Dewez

emphasized the necessity for increased investment in the health sector to effectively address these evolving challenges.

The Think Tank's strategic goals are focused on broadening stakeholder engagement and synergizing efforts to achieve the SDGs by 2030. It will conduct regular assessments of progress and address any shortcomings to ensure that Ghana remains on track to meet its targets.

The event's theme, "Catalysing Progress: Strengthening Collaborative Approach for Health and Sustainable Development Goals in Ghana," highlighted the importance of collective action and collaboration across sectors. The Think Tank aims to develop evidence-based strategies and foster new initiatives tailored to Ghana's specific context, bringing together diverse stakeholders to create a unified and effective approach to achieving the SDGs.

One of the core objectives of the Think Tank is to develop comprehensive strategies to address the broader health challenges facing the country. This includes tackling the double burden of disease, where both infectious diseases and NCDs pose significant health risks, and mitigating the health impacts of environmental issues such as air and water pollution.

Furthermore, the Think Tank will play a crucial role in fostering

innovation and promoting policies that support sustainable health practices. This involves integrating health considerations into broader development policies to ensure that initiatives in areas like education, agriculture, and urban planning also contribute to health and well-being outcomes.

In his remarks, Manuel Dewez emphasized the need for increased investment in the health sector, stressing that adequate funding is essential to address both existing and emerging health threats. This call to action aligns with the broader imperative for enhanced resource allocation to support the health infrastructure, workforce, and research necessary for sustainable development.

As Ghana navigates the complex landscape of global health challenges, the establishment of the Health and Health-Related Sustainable Development Goals Think Tank represents a significant step forward. By fostering collaboration, innovation, and evidence-based policymaking, the Think Tank aims to ensure that health and well-being remain central to Ghana's sustainable development agenda.



Insights into Postpartum Depression and Its Impact on New Mothers

By Gloria Addo

A baby's birth can cause a wide range of intense feelings, including joy and excitement, as well as dread and anxiety. However, it can also lead to something unexpected: DEPRESSION.

The majority of new mothers typically experience "baby blues" following childbirth, which include mood changes, sobbing fits, anxiety, and trouble falling asleep. It typically starts in the first two to three days following delivery and can last for up to two weeks. On the other hand, postpartum depression is a more severe and persistent type of depression that affects certain new mothers. In low- and middle-income countries, PPD affects up to 48.5% of women but just 6.5–12.9% of women in high-income nations.

The Diagnostic and Statistical Manual of Mental Disorders defines postpartum depression as a major depressive episode within four weeks after birth, characterized by irritability, excessive crying, and panic. This condition can persist for the first year after delivery, causing emotional highs and lows, fatigue, guilt, and anxiety.

Postpartum depression has been linked to several risk factors, including stressful life events, a history of depression, not breastfeeding, the first delivery, and having a poor body image. Other risk factors include having a poor relationship with their partner and having a lower socioeconomic status.

The most common symptoms of PPD include:

- Depressed mood or severe mood swings
- Crying too much
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep, called insomnia, or sleeping too much
- Overwhelming tiredness or loss of energy
- Less interest and pleasure in activities you used to enjoy
- Fear that you're not a good mother.

Postpartum depression is a condition that requires immediate medical attention, often requiring a visit from a healthcare provider. This visit may involve discussing health history, feelings since delivery, a physical exam, and lab tests. It is crucial to screen for depression at least two or three weeks postpartum to ensure immediate help. If you suspect a friend or loved one has postpartum depression, seek medical attention immediately.



Prevent, Recognize, Act:

Understanding Every Facet of Stroke

By Yosua Domedjui





Stroke stands as Switzerland's second-leading cause of death, affecting 16,000 individuals annually and emerging as the primary cause of disability. While commonly associated with the elderly—where the average onset age in Geneva is 76—there's a growing concern about its incidence among younger demographics.

Factors such as pollution exposure, cannabis use, and stress are under scrutiny, yet the precise triggers remain elusive, as noted by Dr. Emmanuel Carrera, a neurologist at Geneva University Hospitals (HUG).

Two primary stroke types exist: ischemic and hemorrhagic. Ischemic stroke, occurring in 80% of cases, occurs when a blood clot obstructs a cerebral artery, depriving downstream tissues of oxygen. Hemorrhagic strokes, constituting 20%, involve cerebral hemorrhage due to the rupture of a small-caliber cerebral artery, bearing high mortality rates.

Risk Factors

While age remains the primary risk factor, hypertension, diabetes, smoking (which triples the risk), and hypercholesterolemia are notable contributors. Lifestyle-related elements—sedentary habits, poor diet, alcohol intake, and abdominal obesity—also significantly heighten risks.

Prévention Stratégies

Effectively managing cardiovascular risk factors—such as hypertension and high cholesterol—is pivotal in stroke prevention. Engaging in 150 to 300 minutes of moderate-intensity physical activity per week, maintaining a healthy weight, quitting smoking, and adopting a balanced diet rich in fruits and vegetables further fortify preventive measures.

Warning Signs

Stroke's manifestations vary based on the affected brain region but commonly include sudden facial paralysis, sensory disturbances, unilateral body weakness, speech impairments, and visual anomalies. The FAST acronym—Face, Arm, Speech, Time—offers a mnemonic for swift identification and appropriate action. Additionally, persistent headaches, disorientation, balance issues, or dizziness may accompany these symptoms, particularly in women.

By cultivating awareness, adopting preventive strategies, and swiftly recognizing warning signs, individuals can mitigate stroke risks and potentially avert their devastating consequences.

TSINGAIR GROUP

PIONEERING OXYGEN CONCENTRATOR INNOVATION IN HEALTHCARE

“ Transforming healthcare, one breath at a time: Dive into Tsingair Group's revolutionary oxygen concentrators!

In the field of healthcare technology, innovation continues to shape the way we address critical medical needs. Among the pioneering companies driving this evolution is Tsingair Group. Specializing in oxygen concentrators, Tsingair has emerged as a leader in the field, offering cutting-edge solutions that cater to a diverse range of medical and environmental challenges.

This article delves into their journey, innovations, and impact on healthcare worldwide.

Tsingair Group, established in 2016, is a national high-tech enterprise specializing in the research, development, production, and sales of oxygen concentrators. Initially founded as a technology incubation company, Tsingair expanded in 2018 with the establishment of Zhongshan Qingjiang Electrical Technology Co. Ltd. Today, the company offers a comprehensive range of oxygen concentrators, from small portable devices to large-scale medical equipment, making it one of the most versatile players in the industry.

In an interview with Mr. Guo Yiyuan, a representative of the company, he stated, “Our journey began in 2016 when our chairman, Mr. Jiang, recognized the critical need for reliable oxygen supply during a trip to Tibet.”

He added, “The scarcity of oxygen in high-altitude regions inspired us to focus on oxygen concentrators as our main product line. By 2019, we had officially launched our products in the plateau market, achieving a leading position in this segment.”

Over the past few years, Tsingair Group has seen impressive growth, with an annual average

revenue increase of over 45% in the plateau market segment since 2020. This success has earned the company several prestigious titles, including National High-tech Enterprise, Central Special New Small and Medium Enterprise of Guangdong Province, and the Guangdong Province Innovative Science and Technology Innovation Enterprise. In 2022, Tsingair also secured a national R&D project on oxygen concentrators and plateau oxygen concentrators.

Tsingair Group's product range is extensive and innovative.

Guo Yiyuan explained, “Our portable oxygen concentrators are the lightest in the industry, and they function reliably even at altitudes of 6,000 meters.

“Our home oxygen concentrators lead the industry in quietness and performance reliability. We also offer Minsheng Oxygen Concentrators, which use DC compressors to save more than 20% energy compared to standard models.”

Each product targets specific user groups. The dispersion oxygen concentrators are designed for plateau regions, enhancing oxygen levels in entire rooms, such as bedrooms and offices. Portable oxygen concentrators cater to travelers, including elderly individuals on mountain climbs and self-driving tours. Home oxygen concentrators serve the elderly and those with basic health issues, while centralized oxygen supply equipment is used in hospitals and large office buildings on plateaus

“Our products are Class II medical devices in China, requiring rigorous registration

certification and adherence to high manufacturing standards. We conduct extensive technical evaluations and experiments to ensure reliability and performance, particularly in the harsh plateau environment," Guo Yiyuan noted.

Meanwhile, Tsingair Group invests heavily in research and development, allocating about 10% of its annual operating income to R&D. This commitment has led to several innovative technologies in portable, cloud, and centralized shared oxygen equipment. The company holds ten invention patents, with two more pending authorization, along with 14 new utility models, appearance patents, and software copyrights.

Looking ahead, Tsingair Group aims to become the industry leader in oxygen concentrators within five years.

Guo Yiyuan emphasized the commitment to ongoing investment in research and development, the development of new technologies, and expansion into household, medical, and plateau markets, both domestically and internationally. The objective is to cater to local demands and position Tsingair as a frontrunner in oxygen concentrator technology worldwide.

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“Tsingair Group is set to revolutionize the oxygen concentrator industry, providing vital solutions to improve health and well-being in high-altitude and oxygen-deficient environments worldwide.



To engage with Tsingair Group for any of their oxygen concentrators:

Contact
Fax: 0760-89918069
Email: zsqjxs03@zsqjo2.com

Visit the company's website for more information:
<http://www.tsingair.com/product/>



让每家都像大森林

 **Company Profile**



让每家都像大森林





Plain Diffusion Oxygen Concentrator

Diffusion oxygen is a new choice for home oxygen therapy, ensuring room oxygen concentration between 21-25% (adjusted as needed), making every home feel like a large forest.



Plateau Direct Current Diffusion Oxygen

The oxygen concentration is greater than 90%, meeting medical standards. The direct current system used provides a complete power generation and supply solution based on customer/user needs, offering significant economic benefits.



Qingjiang Portable Oxygen Concentrator

The oxygen concentration is greater than 90%, meeting medical standards. The direct current system used provides a complete power generation and supply solution based on customer/user needs, offering significant economic benefits.



Clean Craftsman Oxygen Chamber

Provides high-concentration, high-quality oxygen, creating a safe and stable atmospheric environment within the chamber, suitable for mental office workers and sports enthusiasts to recover their strength



Home Medical Oxygen Concentrator

Supportive treatment for underlying conditions



Medical Central Oxygen Supply System

Preferred Choice of Medical Institutions



Being cold gives You a Cold

By Mavis Essaba Mensah

Contrary to popular belief, being exposed to cold weather does not directly cause the common cold. This age-old myth has been perpetuated for generations, with many attributing the onset of cold symptoms to chilly temperatures. However, scientific research has debunked this notion, revealing that the correlation between cold weather and illness is more complex than previously thought.

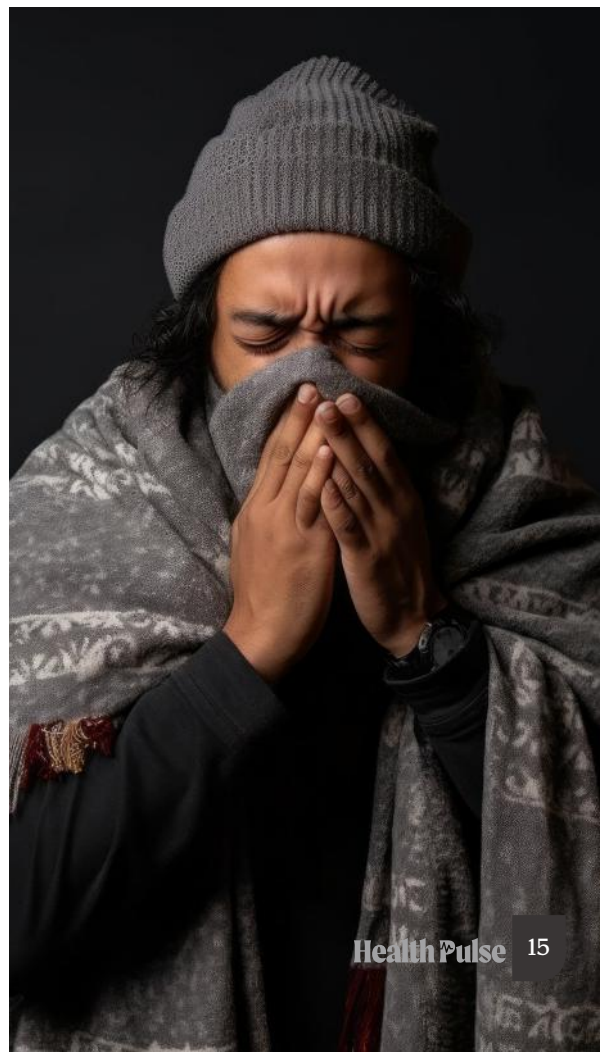


One study, conducted on healthy individuals, found that spending several hours in temperatures just above freezing actually resulted in an increase in immune system activity. This suggests that exposure to cold air may even bolster the body's defenses against viruses rather than weaken them. Additionally, cold temperatures alone do not directly facilitate the transmission of cold-causing viruses.

In reality, the spread of the common cold is primarily driven by viruses, such as the rhinovirus, which thrive in indoor environments where people are in close proximity to one another. Indoor settings provide ideal conditions for the transmission of respiratory viruses, as they allow for easy exchange of germs through coughing, sneezing, or touching contaminated surfaces.

Therefore, while bundling up in cold weather is important for staying warm and comfortable, it is not a direct preventive measure against catching a cold. Instead, practicing good hygiene, such as frequent handwashing, avoiding close contact with sick individuals, and maintaining a healthy lifestyle, are more effective strategies for reducing the risk of illness.

In conclusion, the notion that being cold gives you a cold is a persistent myth that lacks scientific merit. Understanding the true causes of the common cold can help dispel misconceptions and promote better practices for maintaining health and well-being, especially during the colder months.





Reviving Radiance

How to Fight Skin Dullness

By Chance Iradunuka

Skin dullness is a widespread concern affecting individuals across all ages and skin types. It manifests as a lack of brightness, vitality, and luminosity in the skin, often accompanied by an uneven tone and rough texture.

Causes of Skin Dullness

Skin dullness stems from various internal and external factors, including:

- Accumulation of dead skin cells
- Dehydration
- Sun damage
- Reduced blood flow
- Environmental pollutants
- Natural aging

These factors contribute to an uneven complexion, texture, and pigmentation, affecting not only the skin's appearance but also self-confidence and overall well-being.

Combatting Skin Dullness: Effective Strategies

Exfoliation: Regular exfoliation is key to removing dead skin cells and revealing fresh, radiant skin.

Hydration: Maintain skin hydration by drinking plenty of water and using moisturizers and hydrating serums to lock in moisture.

Sun Protection: Shield the skin from UV damage by wearing sunscreen daily and seeking shade when outdoors.

Antioxidants: Incorporate antioxidants like vitamins C and E, green tea extract, and niacinamide into your skincare routine to protect the skin from environmental damage.

Healthy Lifestyle Habits: Adopt a balanced diet, exercise regularly, prioritize sleep, and manage stress levels to support overall skin health and well-being.

By implementing these skincare strategies, individuals can restore radiance, vitality, and luminosity to their complexion, achieving healthy, glowing skin that reflects inner beauty and well-being.



Measles

By Mavis Essaba Mensah

Introduction

Measles, caused by the measles virus (MeV), is a highly contagious respiratory infection. It primarily spreads through respiratory droplets expelled by coughing or sneezing of an infected person. The virus can survive in the air and on surfaces for several hours, making transmission remarkably efficient. Moreover, individuals infected with measles can spread the virus even before the onset of symptoms, further complicating containment efforts.

Symptoms typically appear 10 to 14 days after exposure and include high fever, cough, runny nose, red eyes, and a characteristic rash that spreads from the face to the rest of the body. While most people recover within a couple of weeks, measles can lead to severe complications, especially in vulnerable populations such as young children, pregnant women, and individuals with compromised immune systems.

Prevention Strategies

Vaccination stands as the cornerstone of measles prevention. The measles, mumps, and rubella (MMR) vaccine, usually administered in two doses, provides robust immunity against the virus. High vaccination coverage, often referred to as herd immunity, is crucial in preventing outbreaks and protecting those who cannot be vaccinated due to medical reasons.

However, misinformation and vaccine hesitancy have posed significant challenges to measles control efforts. Debunked claims linking vaccines to autism and other adverse effects have fueled skepticism, leading to suboptimal vaccination rates in some communities.

Consequences of Measles Outbreaks

Measles outbreaks can have devastating consequences, both in terms of human suffering and economic burden. Beyond the immediate health impacts, outbreaks strain healthcare systems, disrupt routine healthcare services, and impose substantial financial costs on individuals and governments.

Moreover, the resurgence of measles in regions where it was previously eliminated underscores the interconnected nature of global health. Travel-related cases can quickly spark outbreaks in susceptible populations, highlighting the need for coordinated international efforts to combat the spread of infectious diseases.





The Pulse Ox

By Yosua Domedjui

The pulse oximeter, a compact and versatile medical device, has become an indispensable tool in healthcare, providing accurate and continuous monitoring of oxygen saturation in the blood. With the COVID-19 pandemic highlighting the importance of monitoring oxygen levels in patients, the pulse oximeter has become even more widespread and crucial in homes, healthcare facilities, and even work environments.

The pulse oximeter works by measuring oxygen saturation in the blood, also known as SpO₂, using photoplethysmography technology. This device is typically attached to a finger, where it emits and receives light signals through the blood vessels, thereby calculating the percentage of oxygenated hemoglobin. The results are immediately displayed on a small screen, providing real-time readings.

One of the most common uses of the pulse oximeter is monitoring patients with respiratory diseases such as asthma, chronic obstructive pulmonary disease (COPD), and pneumonia. By regularly measuring oxygen saturation, healthcare professionals can assess the severity of the disease and adjust treatment accordingly, thereby helping to prevent potential complications such as hypoxia.

Additionally, the pulse oximeter has become an essential tool for monitoring patients with COVID-19. One of the most serious symptoms of this disease is silent hypoxia, where patients may experience a dangerous drop in oxygen saturation without apparent respiratory distress. By using a pulse oximeter, individuals can monitor their oxygen levels at home and seek medical care if there is an abnormal decrease.

In addition to its clinical use, the pulse oximeter has also become a valuable tool in the fitness and wellness industry. Athletes and fitness enthusiasts often use the pulse oximeter to assess their cardiorespiratory performance during exercise, monitoring fluctuations in oxygen saturation during training.

In conclusion, the pulse oximeter has become an essential tool for monitoring respiratory health, providing accurate and continuous monitoring of oxygen saturation in the blood. Whether for patients with chronic respiratory diseases, individuals with COVID-19, or fitness enthusiasts, this versatile device plays a crucial role in promoting wellness and preventing potential complications.




Healthy Hack


Blueberry Oatmeal

By Chance Iradukunda

Consuming a diet rich in fiber is essential for good general health. Sadly, the majority of people's diets are deficient in this important nutrient, which raises the risk of conditions including diverticulitis, heart disease, and colon cancer. Thankfully, there are several of methods to increase your intake of fiber, one of which is to have a high-fiber breakfast first thing in the morning.

Many people have a warm bowl of oatmeal to start their day. Even though oatmeal has a lot of fiber on its own, nearly 4 grams per cup, it's frequently mixed with other foods that are high in fiber, such fruit and nuts. For a hearty breakfast option, consider adding sliced almonds and blackberries to your morning oatmeal. Below is an health Oatmeal recipe for your breakfast

Blueberry Oatmeal Recipe

Ingredients

- Oats
- Almonds
- Salts
- Blueberries
- Water and any milk of your choice

Instructions:

- Combine the oats, salt, almonds and water in a large saucepan. Bring to a boil and then reduce to a simmer on medium/low until the oats are tender and the oatmeal has thickened, about 5 minutes.
- Add the blueberries when the oatmeal is almost done cooking.
- Allow the berries to warm in the oatmeal and then remove from the heat and scoop into serving bowls.
- Top with the sweetener of your choice and a drizzle of cream or milk.



Be aware of your 'HR'

By Chance Iradukunda

Hear rate, often referred to as pulse, is the number of times your heart beats in a minute. It is a key indicator of cardiovascular health and can provide valuable insights into overall fitness, stress levels, and potential health issues. In this article, we'll delve into the significance of heart rate, how it is measured, factors affecting it, and what different heart rates may indicate about your health.

Heart rate is the number of times the heart beats per minute (bpm). It can vary significantly depending on factors such as age, fitness level, activity level, and emotional state. At rest, the average adult typically has a heart rate between 60 and 100 bpm, but this can be lower in well-trained athletes and higher in individuals who are sedentary or experiencing stress.

Heart rate can be measured manually by feeling the pulse at various points on the body, such as the wrist, neck, or groin. Alternatively, it can be measured using electronic devices like heart rate monitors, which are often worn on the wrist or chest during exercise or other activities. These devices use sensors to detect the heart's electrical signals and calculate heart rate in real-time. Several factors can influence heart rate, including:

Physical activity: Exercise increases heart rate to meet the body's increased demand for oxygen and nutrients.

Stress and emotions: Strong emotions, stress, anxiety, or excitement can cause temporary increases in heart rate.

Body temperature: Fever or exposure to extreme temperatures can affect heart rate.

Medications: Certain medications, such as beta-blockers or stimulants, can alter heart rate.

Health conditions: Conditions such as thyroid disorders, anemia, or heart disease can impact heart rate.

Monitoring your heart rate can give you important information about the state of your cardiovascular system. The heart rate at rest, maximal heart rate, target heart rate, and recovery heart rate are all included. Higher maximal heart rates suggest vigorous exercise, but lower resting rates signify good fitness. A faster recovery rate denotes more fitness, and target heart rate ranges correspond to particular fitness objectives.

"Heart rate can be measured using electronic devices like heart rate monitors, which are often worn on the wrist or chest during exercise or other activities."





Andropause

By Yosua Domedjui

Often referred as the male menopause, Andropause is a natural condition associated with aging in men, characterized by a decline in testosterone levels and various physical and psychological symptoms. While not as widely recognized as menopause in women, andropause can have significant effects on men's health.

One of the primary factors contributing to andropause is the gradual decline in testosterone production that occurs with age. Testosterone, the primary male sex hormone. As testosterone levels decrease, men may experience a range of symptoms, including fatigue, reduced muscle mass, erectile dysfunction, and changes in mood.

Andropause symptoms can vary widely among men, but common complaints include increased body fat, particularly around the abdomen, decreased

muscle strength, and reduced physical stamina. Men may also notice changes in their sleep patterns, such as insomnia or disrupted sleep, as well as hot flashes or night sweats.

In addition to physical symptoms, andropause can also have psychological effects on men's mental health. Many men report feelings of irritability, depression, anxiety, or a general sense of malaise during this time. These mood changes can impact relationships, work performance, and overall quality of life if left unaddressed.

Despite the challenges associated with andropause, there are various treatment options available to help manage symptoms and improve quality of life. Testosterone replacement therapy (TRT) is a common approach used to increase testosterone levels in men with andropause. TRT can help alleviate symptoms such as fatigue, low libido, and erectile dysfunction, although it may not be suitable for everyone and can carry certain risks.

In addition to medical treatments, lifestyle modifications such as regular exercise, healthy diet, stress management techniques, and adequate sleep can also play a crucial role in managing andropause symptoms. Counseling or therapy may also be beneficial for men struggling with mood changes or emotional difficulties during this time.

In conclusion, andropause is a natural part of the aging process for men, characterized by a decline in testosterone levels and various physical and psychological symptoms. While it may present challenges, with appropriate management and support, men can navigate this phase of life with improved quality of life and overall well-being.

The Natural Psychedelic Journey

By Yosua Domedjui



Hallucinogenic mushrooms, mainly of the *Psilocybe* genus, contain psychoactive substances, including psilocybin and psilocin. Used for millennia by various cultures for their spiritual and medicinal properties, these mushrooms are experiencing a resurgence of interest for their potential therapeutic effects in the treatment of various mental disorders.

The effects of hallucinogenic mushrooms vary according to dose, species, and individual sensitivity. Users often report experiences of heightened sensory perceptions, colorful visions, and profound alterations in thought and consciousness. These experiences can range from a feeling of euphoria and connection with nature to introspective journeys.

Recent studies have revealed that psilocybin, once ingested, is converted into psilocin, which acts on serotonin receptors in the brain. This interaction alters neuronal activity and can lead to altered states of consciousness. Promising

research suggests that psilocybin may be effective in the treatment of treatment-resistant depression, post-traumatic stress disorder (PTSD), anxiety related to terminal illness, and addictions.

Despite promising discoveries, the use of hallucinogenic mushrooms remains controversial. Their legal status varies considerably around the world, and their consumption can present risks, particularly in cases of species misidentification or inappropriate consumption environments, which can lead to traumatic or dangerous experiences.

In conclusion, hallucinogenic mushrooms offer a fascinating therapeutic potential that merits rigorous scientific exploration. However, their use must be professionally supervised to minimize risks and maximize potential benefits. The rediscovery of these ancient natural allies could open up new avenues in the treatment of mental illness and the exploration of human consciousness.





Bipolar Disorder

By Yosua Domedjui

Bipolar disorder, formerly known as manic-depressive illness, is a complex mental health condition characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). These mood shifts can significantly impact an individual's daily life, relationships, and overall functioning.



Symptoms

This illness is divided into two, each with unique patterns of mood swings. During manic or hypomanic episodes, individuals may experience:

- Increased energy and activity levels
- Euphoria or irritability
- Decreased need for sleep
- Rapid speech and racing thoughts
- Impulsivity and poor decision-making

Conversely, during depressive episodes, symptoms may include:

- Persistent sadness or hopelessness
- Fatigue and decreased energy
- Changes in sleep patterns (insomnia or excessive sleeping)
- Loss of interest in activities once enjoyed
- Difficulty concentrating
- Suicidal thoughts or behaviors

Treatment

Bipolar disorder is a lifelong condition, but effective treatments can help

manage symptoms. The primary treatment modalities include medication, psychotherapy, and lifestyle changes.

Medication: Mood stabilizers, antipsychotic medications, and antidepressants are commonly prescribed to help control mood swings. Lithium is one of the most well-known mood stabilizers.

Psychotherapy: Cognitive-behavioral therapy (CBT), psychoeducation, and family therapy can provide individuals and their families with strategies to manage the condition and improve communication.

Lifestyle Changes: Regular exercise, a healthy diet, adequate sleep, and stress reduction techniques such as mindfulness and meditation can support overall mental health.

Conclusion

Bipolar disorder is a challenging condition, but with proper diagnosis and comprehensive treatment, individuals can lead fulfilling lives. Early intervention and a supportive network are crucial in managing the disorder and improving quality of life.





What You Should Know About Keto Diet

By Gloria Addo



The ketogenic diet, also known as the keto diet, is a weight-loss plan that restricts the intake of carbohydrates, causing the body to switch to fat as its primary energy source when carbohydrates are scarce. Over the last few years, the keto diet has risen as a popular weight-loss mechanism. But is it actually your best bet?

Here's what health experts want you to know about the keto diet:

The keto diet serves as a quick method for effective weight loss. A low-carbohydrate diet encourages the body to burn fat for energy, resulting in faster fat loss and the elimination of cravings and hunger symptoms by increasing high-fat foods.

Initially developed for treating epilepsy in children, it is now being studied for its potential benefits in treating progressive neurological disorders like Parkinson's disease, although scientific research has not confirmed its effectiveness in these populations.

Aside from these benefits, the keto diet is known to cause nutritional imbalance as it severely

restricts carbohydrate intake while promoting high consumption of fats and moderate protein intake. This can lead to deficiencies in essential nutrients like fibre, vitamins, and minerals if not carefully planned. Some people may experience digestive issues such as constipation or diarrhoea when starting the keto diet.

Following a strict dietary regimen like the keto diet can have social and psychological implications, including social isolation in social gatherings where high-carb foods are prevalent and feelings of deprivation or frustration due to dietary restrictions. Even though the ketogenic diet induces rapid weight loss, it is not entirely clear if the loss is due to water loss, a special effect of the diet itself (i.e., fat burning), or a reduction in total calorie intake.

Harvard Health recommends that if keto is used for weight loss purposes, it's only used as a short-term means to jumpstart the weight loss and not a long-term solution. If you're looking to lose weight, experts recommend focusing on small habit changes: adding more physical activity to your daily schedule, eating more fruits, vegetables, and foods high in fibre and protein, and drinking more water.



Medical Jargons You Need to Know

ACUTE: Refers to a condition that is severe, sudden, and short-term. (Example: "The patient experienced acute pain after the injury.")

CHRONIC: Refers to a long-term condition that persists over time. (Example: "The patient has chronic diabetes and needs ongoing management.")

IDIOPATHIC: Refers to a condition or disease with no known cause. (Example: "The patient's idiopathic condition is being monitored by their doctor.")

PROGNOSIS: Refers to the likely outcome or course of a disease or condition. (Example: "The doctor gave the patient a good prognosis, and they are expected to make a full recovery.")

Understanding these terms can help you better navigate medical conversations and make informed decisions about your health!



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