

VOL. 1

EDITION 9

JULY • 2024

# Health **pulse** magazine

## EDITORIAL

Maternal Mortality Should Be a Thing of the Past

## HEALTH & TECHNOLOGY

Anaesthesia Machines: The Heart of Surgical Suites

# *Low Sugar Diets: Pivot to Healthier Lives.*

## HEALTH MYTH BUSTER

"Being thin means you're healthy"

## WOMEN'S HEALTH

Understanding Gestational Diabetes: A Guide for Expectant Mothers





**HCOWA**  
HEALTH COMMUNITY  
OF WEST AFRICA

## HCOWA: Advancing Healthcare Standards in West Africa

**H**COWA, 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 dia-

logue, 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.

### EXECUTIVE PUBLISHERS

Mr. David Tai  
Anna Jiang

### EDITORS

Prince Opoku Dogbey  
Mavis Essaba Mensah

### MARKETING MANAGERS

Mavis Essaba Mensah  
Prince Opoku Dogbey

### INFORMATION TECHNOLOGY

Prince Kudowor

### CREATIVE DESIGNERS

Bismark Kwabena Baiden  
Enock Asune

### GROWTH AND STRATEGY TEAM

David Tai  
Lixia Zhu  
Mavis Essaba Mensah  
Prince Opoku Dogbey

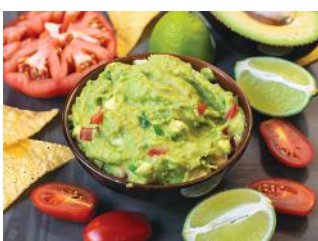
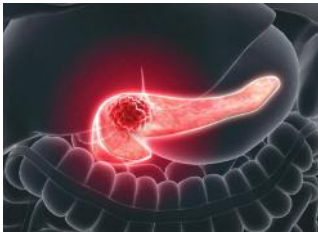
### CONTENT DEVELOPERS

Yoshua Domedjui  
Pavel Chamabe  
Chance Iradukunda  
Gloria Addo

### SOCIAL MEDIA MANAGER

Kwabena Antwi





# Contents

---

Editorial	2
The Organ	3
Special Report	4
Women's Health	5
Health and Technology	6 - 7
Health News	8
Article	9
Health Myth Buster	10
Africa In Focus	11
Health Awareness	12 - 13
Skincare Health	14
Disease In Focus	15
Health & Technology	16
Healthy Hack	17
Fitness and Exercise	18 - 19
Health & Wellness	20
Family Health	21
Men's Health	22 - 23
Article	24
Healthy Living	25
Ask the Expert	26
Health Terms	27



# Maternal Mortality Should Be a Thing of the Past.

In a world where medical advancements and health-care technologies are rapidly progressing, maternal mortality remains a stark and troubling issue. The preventable death of mothers during pregnancy and childbirth is not only a tragic loss of life but also a profound societal failure. It is high time that maternal mortality becomes a thing of the past.

Maternal mortality refers to deaths due to complications from pregnancy or childbirth. Despite significant progress in some regions, it remains a critical issue in many parts of the world, particularly in low- and middle-income countries. According to the World Health Organization, approximately 810 women die every day from preventable causes related to pregnancy and childbirth. This staggering statistic is unacceptable in an era where solutions and interventions are well within reach.

One of the primary reasons for persistent maternal mortality is the lack of access to quality healthcare. Many women, especially in rural and underserved areas, do not have access to skilled birth attendants, prenatal care, or emergency obstetric services. Investing in healthcare infrastructure, training healthcare providers, and ensuring that every woman has access to compre-

hensive reproductive health services are crucial steps in addressing this issue.

Education also plays a pivotal role in reducing maternal mortality. Educating women and girls about reproductive health, family planning, and the importance of seeking timely medical care can significantly lower the risk of complications. Empowering women with knowledge and resources enables them to make informed decisions about their health and the health of their babies.

Furthermore, addressing social determinants of health, such as poverty, gender inequality, and lack of education, is essential in tackling maternal mortality. Policies and programs that focus on improving the socio-economic status of women, providing education and employment opportunities, and promoting gender equality can have a profound impact on maternal health outcomes.

International cooperation and commitment are vital in this fight. Governments, non-governmental organizations, and international bodies must work together to prioritize maternal health, allocate sufficient resources, and implement effective policies. The global community has the knowledge, tools, and capacity to eradicate

maternal mortality.

In conclusion, maternal mortality should no longer be a grim reality in the 21st century. With concerted efforts, investment in healthcare, education, and social equity, we can ensure that no woman dies from preventable causes related to pregnancy and childbirth. The time has come to make maternal mortality a thing of the past, ensuring a healthier and brighter future for all.





# The Tongue: A Small Organ with Big Responsibilities.

By Gloria Addo

**W**hereas tongue twisters, lollipops, and pulling faces at your siblings and friends may lead you to believe that tongues are only for fun, did you also know that tongues are organs?

The tongue is an important sensory organ that helps us talk, taste, digest, and eat. Often the strongest muscle, it is the only one in the body that functions without help from your skeleton.

This unique organ located in the oral cavity is anchored inside your mouth by webs of strong tissue, and it's covered by mucosa (a moist, pink lining that covers certain organs and body cavities). Your tongue is also covered with different types of papillae (bumps) and taste buds.

All of these facilitate not only the perception of gustatory stimuli but also play important roles in mastication and deglutition. As a digestive organ, your tongue moves

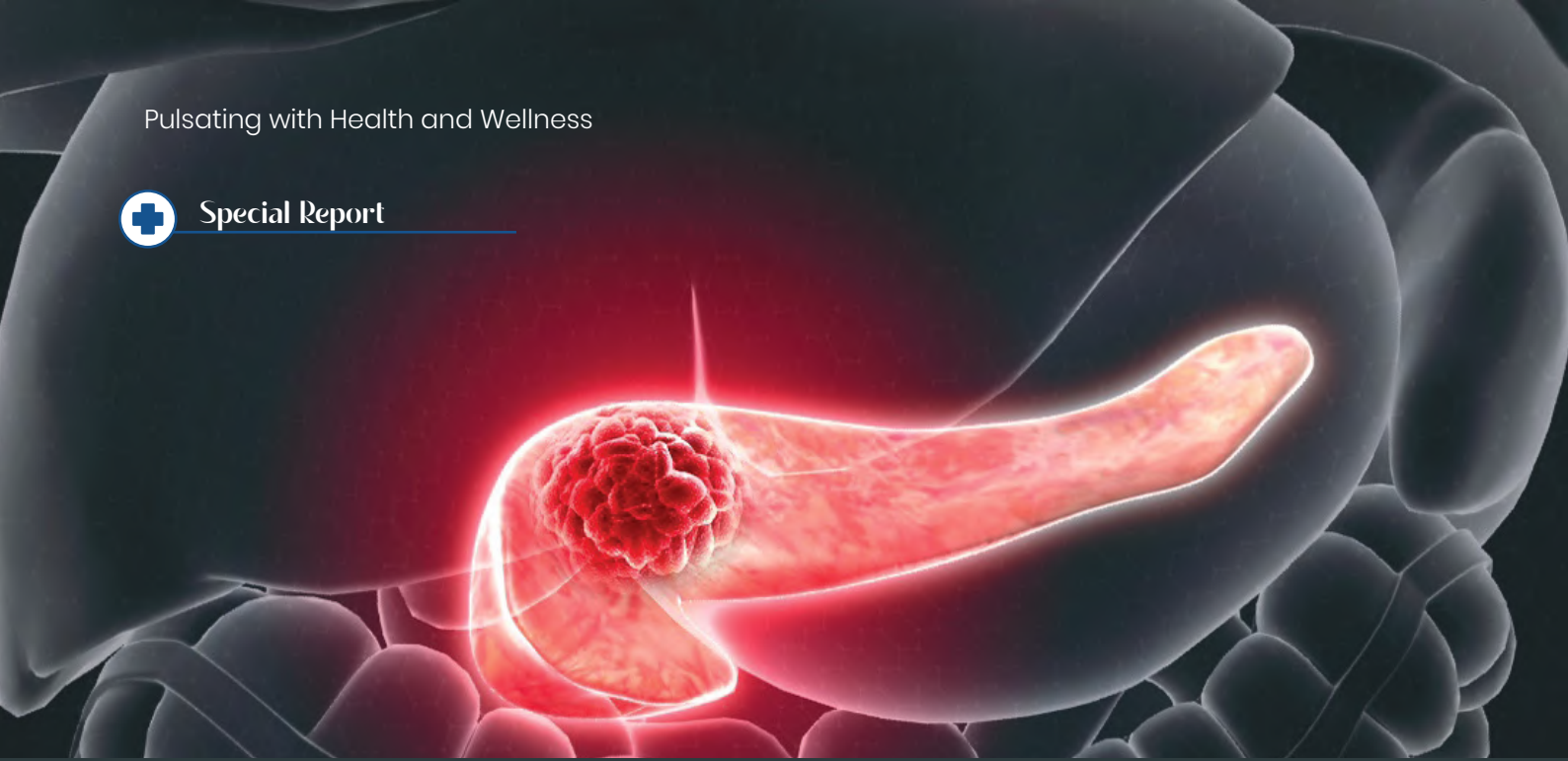
food around your mouth to help you chew and swallow. Additionally, the tongue is an integral component of the speech pathway, helping with articulation. It assists in making different sounds, so you can speak and form words clearly. Your tongue also helps keep your airway open so you can breathe properly.

Doctors frequently check our tongues for health indicators. A yellow tongue suggests a fever or stomach problems, but a pink tongue denotes excellent health. Similar to oral thrush, a white tongue can be a sign of fungal infections like candida.

Taking appropriate care of your tongue lowers the chance of hazardous oral bacteria and maintains its health. See your doctor as soon as possible if your tongue starts to hurt or changes in appearance. They can assist in locating the issue and determining whether your symptoms are connected to any underlying medical conditions.

**“Your tongue is as unique as you are, just like your fingerprint.”**





# Researchers Uncover

## Gene's Role in Pancreatic Cancer Aggression.

In a groundbreaking study, scientists have discovered that a gene known to inhibit the growth and spread of pancreatic cancer is "switched off" by the disease. This finding sheds light on why pancreatic cancer is so aggressive and difficult to treat.


The gene, HNF4A, is significantly suppressed in the early stages of pancreatic cancer, allowing the disease to progress rapidly. Researchers analyzed both healthy and cancerous pancreatic tissue samples, revealing that pancreatic cancers trigger a process called DNA methylation, which disables the beneficial function of HNF4A.

This research, conducted by teams from Nottingham Trent University, the University of Nottingham, Stanford University, the University of California, and Cedars-Sinai Medical Center in Los Angeles, holds promise for the development of new treatments for pancreatic cancer.

Pancreatic cancer, which affects the gland responsible for producing digestive juices and hormones like insulin, has the lowest survival rate among the most common cancers. The discovery of HNF4A's role in the disease could pave the way for more effective therapies, offering hope to patients battling this formidable cancer.

**“The gene, HNF4A, is significantly suppressed in the early stages of pancreatic cancer, allowing the disease to progress rapidly**

**Source:** JCentre for Health and Healthcare; Member of Centre for Health and Healthcare; Member of the Executive Committee, World Economic Forumthe Executive Committee, World Economic Forum



## Understanding Gestational Diabetes: **A Guide for Expectant Mothers.**

By Chance Iradukunda

**G**estational diabetes mellitus (GDM) is a type of diabetes that develops during pregnancy. While it usually resolves after childbirth, it requires careful management to ensure the health of both mother and baby. This article aims to provide a comprehensive overview of gestational diabetes, including its risks, management strategies, and tips for a healthy pregnancy.

### **Risk Factors**

Risk factors for gestational diabetes consist of advanced maternal age (typically over 25), pre-pregnancy obesity or excessive weight gain during pregnancy, family history of diabetes (especially a first-degree relative with diabetes), prior history of gestational diabetes or prediabetes, polycystic ovary syndrome (PCOS), and specific ethnic backgrounds. These factors contribute to increased insulin resistance during pregnancy, making it more challenging for the body to regulate blood sugar levels effectively, thereby heightening the risk of gestational diabetes. Early identification of these risk factors through prenatal screening allows for proactive management and reduces potential complications for both mother and baby.

### **Symptoms**

Symptoms of gestational diabetes may not always be obvious, which is why routine screening is crucial for detection. Common symptoms include increased thirst, frequent urination, fatigue, and blurred vision. However, many women with gestational diabetes do not experience noticeable symptoms. Diagnosis typically involves a glucose challenge test (GCT), where a woman drinks a glucose solution and has her blood sugar level measured afterward. Medical professionals conduct a follow-up glucose tolerance test (GTT) to confirm the diagnosis if the GCT results are inflated.

### **Gestational Diabetes**

Managing gestational diabetes involves self-testing blood glucose levels, a balanced diet, physical activity, and insulin therapy. Collaboration with healthcare providers is crucial for a comprehensive care plan. By following these guidelines and maintaining open communication, women with gestational diabetes can effectively manage the condition and reduce risks for themselves and their babies.

Anaesthesia Machines:

# The Heart of Surgical Suites.

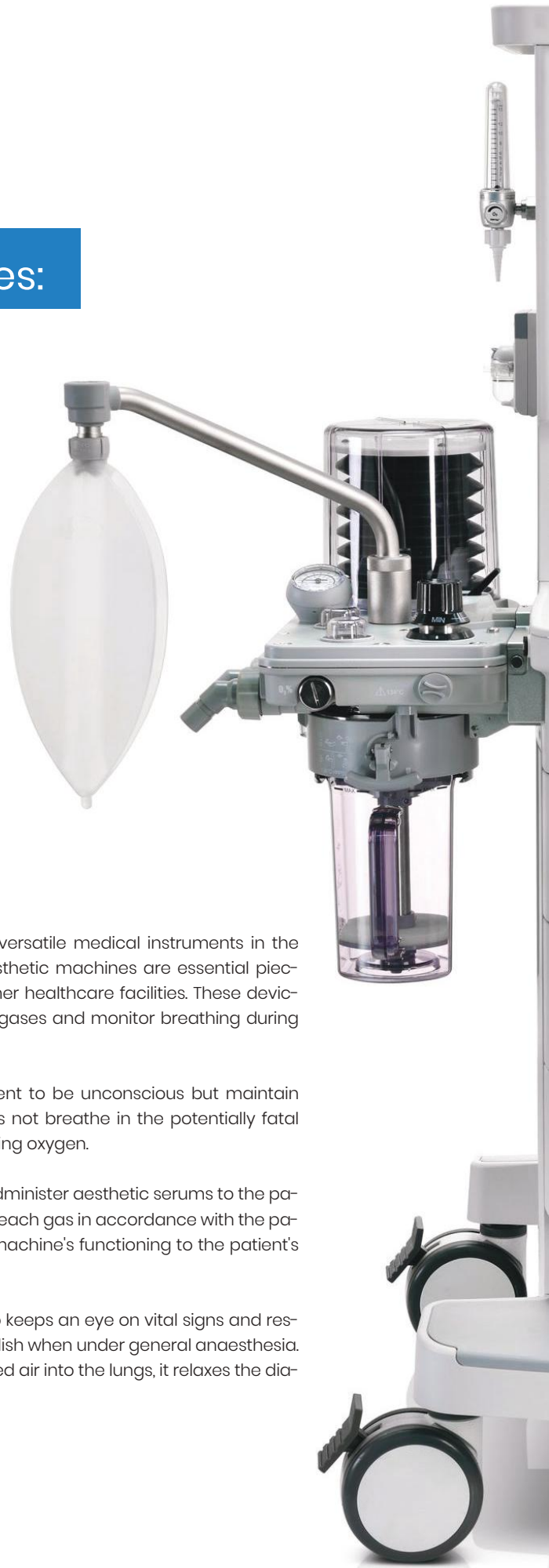
By Gloria Addo

**A**naesthetic machines are one of the most versatile medical instruments in the healthcare industry. Without a doubt, anaesthetic machines are essential pieces of equipment in hospitals, clinics, and other healthcare facilities. These devices provide safe administration of aesthetic gases and monitor breathing during medical procedures.

During surgery, an anaesthesia machine allows a patient to be unconscious but maintain breathing. The apparatus ensures that the patient does not breathe in the potentially fatal CO<sub>2</sub> that they had previously breathed while also delivering oxygen.

The primary function of the anaesthesia machine is to administer aesthetic serums to the patient. It also precisely varies the flow rate and pressure of each gas in accordance with the patient's requirements, allowing for the adaptation of the machine's functioning to the patient's need for a high concentration of a particular gas.

A key component of the aesthetic machine is that it also keeps an eye on vital signs and respiration, two actions that patients are unable to accomplish when under general anaesthesia. By letting carbon dioxide escape and bringing oxygenated air into the lungs, it relaxes the diaphragm and chest muscles.







**The essential components of an anesthesia machine include:**

**1. Ventilator:**

Keeps the patient breathing during surgery.

**2. Breathing Circuits:**

Ensure safe flow of air and gases to and from the patient.

**3. Scavenging Systems:**

Remove "used" gases, such as CO<sub>2</sub>.

**4. Safety Mechanisms:**

Ensure patient well-being in emergencies.

Anaesthesia machines are useful medical tools that reduce discomfort in patients before, during, and after surgeries. But aside from the modern technology-enhanced safety features, the machine's design hasn't really changed much since it was first created. This essential piece of equipment is still in use today, keeping patients safe throughout operations all across the world.



**Anaesthesia machines are useful medical tools that reduce discomfort in patients before, during, and after surgeries.**

# Cancer Patients Stranded as **Treatment Machine Breaks Down at Korle Bu.**

**The only cancer treatment machine at the Korle Bu Teaching Hospital has broken down leaving a large number of patients stuck and posing a threat to public health.**

**O**n July 4, 2024, patients with breast cancer were denied treatment due to equipment malfunctions. Many, including a referred patient from the University of Ghana Medical Centre, are without critical life-saving care.

"I started this journey about two years ago, treating breast cancer at the University of Ghana Medical Center. I initially did surgery at the UGMC, but after a recurrence, I was referred to the Korle Bu Teaching Hospital for chemotherapy and radiation therapy," Sandra told JoyNews in a telephone interview.

"I was scheduled to start my treatment here at Korle Bu. But when I arrived, I was told the machine had broken down. That was a month ago. I was rescheduled for last Thursday to start my radiation therapy. I managed to receive treatment on Thursday and Friday, and I was supposed to continue from Monday, every working day, for 16 days, but that has been a big challenge.

"Today marks one week, and I've only completed two sessions. As I speak, I am returning from Korle Bu, the machine has broken down again. I couldn't receive my treatment. I'm not just speaking for myself; many women are in the queue waiting," she added.

The Head of the Medical Centre for Radiotherapy and Nuclear Medicine at the Korle Bu Teaching Hospital, Dr Joel Yarney confirmed that Ghana only has two oncology equipment units, one at Komfo Anokye and one at Korle Bu.

The delay in repairs has led to oncologists withdrawing services, and increasing cancer cases in Ghana.

"We used to have just a handful of cases per day at our facility. These days, we are seeing an increase in the number of cancer cases in the country, and the resources to deal with it are simply not there. We are now dealing with up to 60 cases per day, with that sort of pressure on a single machine it will cause it to break down," Prof Yarney told JoyNews.



Source: Joyonline



# Anaphylaxis: A Life-Threatening Allergic Reaction.

By Chance Iradukunda

**A**naphylaxis is a severe and potentially life-threatening allergic reaction that requires immediate medical attention. It can occur suddenly after exposure to an allergen, and its rapid progression necessitates swift intervention to prevent serious health complications or death.

Anaphylaxis manifests swiftly and severely, presenting a combination of symptoms that can include skin reactions like hives and itching, respiratory distress such as wheezing and throat tightness, cardiovascular symptoms like a rapid pulse and low blood pressure, and gastrointestinal issues such as nausea and vomiting. These symptoms often escalate rapidly and can lead to shock, unconsciousness, and even death if not promptly treated.

Common triggers of anaphylaxis include certain foods like peanuts, and shellfish, insect stings of bees, and wasps, from medications like antibiotics, NSAIDs, and latex. Individuals with a history of allergies or previous anaphylactic reactions are at higher risk.

Immediate medical attention is crucial for anyone experiencing anaphylaxis, as prompt treatment with epinephrine can reverse the symptoms and prevent further complications. Treatment of anaphylaxis involves immediate administration of epinephrine to counteract severe symptoms and stabilize cardiovascular function. After an epinephrine injection, in-

dividuals should seek emergency medical care for monitoring and additional treatments such as intravenous fluids and antihistamines.

Long-term management involves identifying and avoiding allergens, carrying an epinephrine auto-injector, patient education, and ensuring access to prompt medical intervention in case of anaphylactic reactions, emphasizing the importance of proactive measures to mitigate risks associated with severe allergic responses.

Anaphylaxis requires proactive management and vigilance to ensure swift intervention and reduce the risk of life-threatening outcomes associated with severe allergic reactions.





# "Being thin means you're Healthy."

By Pavel Chamabe

One widespread fallacy that is supported by media depictions and society expectations is that being skinny means one is healthy. Even while keeping a healthy weight is crucial for general wellbeing, a simple correlation between thinness and health ignores many key factors of both physical and mental well-being.

First off, being healthy is much more than simply weight. A person's whole lifestyle choices, mental health, physical activity levels, genetics, and cuisine all have an impact on their overall health. Even those who are thin may still be at risk for health problems if they have bad eating habits, are not physically fit, or struggle with mental health issues like

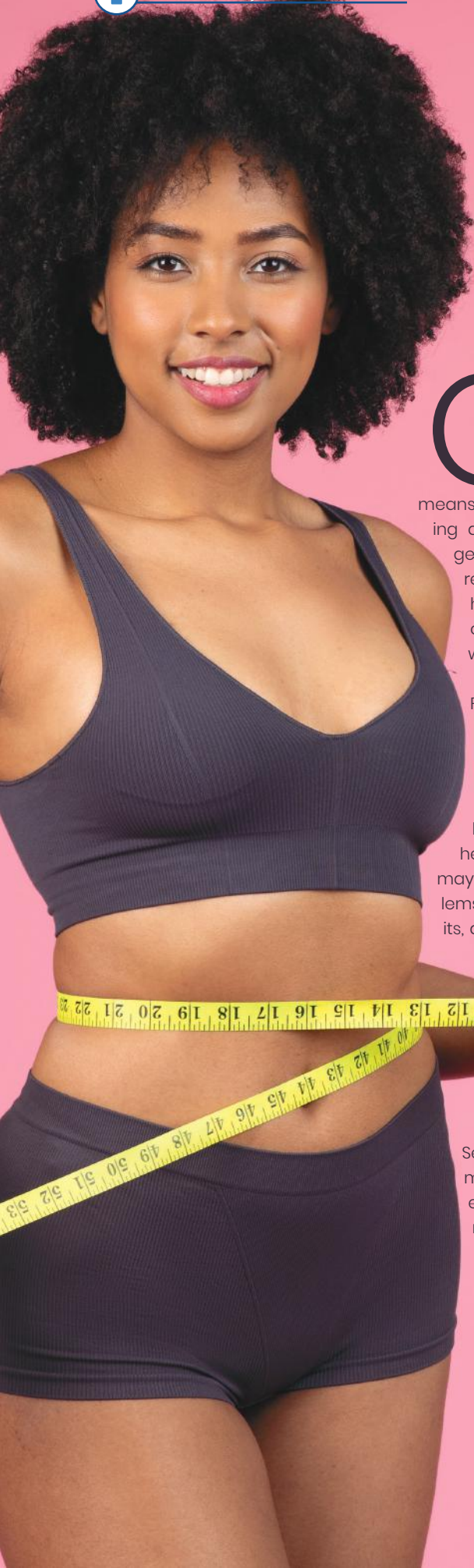
stress or depression.

Second, strength or muscular mass are not always indicated by thinness. Even while low muscle mass and poor physical fitness are essential markers of metabolic health and functional capacity, a person might seem skinny while still having these conditions.

Furthermore, obsessing over weight may result in harmful habits like severe dieting or overindulgent exercise, both of which are detrimental to one's physical and emotional well-being. These practices may raise the risk of accidents, eating disorders, and nutrient shortages.

It is important to acknowledge that health is an intricate and diverse notion that differs among individuals. Due to genetics or muscle mass, some people are born with a greater body mass index (BMI), yet they might still be in good health and physical condition. While some people may battle with chronic health concerns or harmful habits, others may have a lower BMI.

In summary, while keeping a healthy weight is crucial, it is not the only measure of general health. Promoting well-being requires a comprehensive strategy that takes into account stress management, positive mental health, regular exercise, a balanced diet, and enough sleep. Instead than pushing unattainable standards of thinness, encouraging healthy habits and body acceptance promotes a more welcoming and encouraging attitude to everyone's health and wellness.







**AFRICA**  
in focus

## Turkana: Air Quality Worsens as Fish Smoking Ban Remains Ineffective.

The traditional practice of preserving fish through smoking in wood-fired mud ovens is causing air pollution among residents living along the shores of Lake Turkana in Turkana County of Kenya. Many locals have complained of poor eyesight, burning eyes, and dizziness, which are correlated with fish smoking but cannot stop.

Ms Jane Lemuya, a fish trader in Kalokol town, said that due to fishing being the main income source, households in the community have built mud ovens to preserve the fish. "Besides smoke, we don't have a proper waste disposal system along the shores," she said

The method of preservation using smoke in residential areas has been banned by the government since 2021 to improve sanitation and hygiene in the area yet the situation still persists.

The Department of Environment and the National Environmental Management Authority (Nema) speaking to

the media on this health challenge said they had established a designated site for processing fish to ensure consumers get quality and safe fish products. However, the practice of smoking and processing fish in residential areas continues to be widespread with only a few people using the designated sites for smoking and processing fish.

Mr Jacob Mutua, a county environment officer, commented;

"Kalokol town and its environs are displaying noticeable evidence of air pollution and improper waste disposal affecting the environment and aquatic ecosystem, which supports many livelihoods. We are advocating for the adoption of waste reduction strategies at household levels to keep residents safe from diseases. This is very important for attracting traders from as far as the Democratic Republic of Congo and attracting more investors along the fish value chain."

Source: Nation.Africa



# Smoking is Detrimental.

## to the Lungs

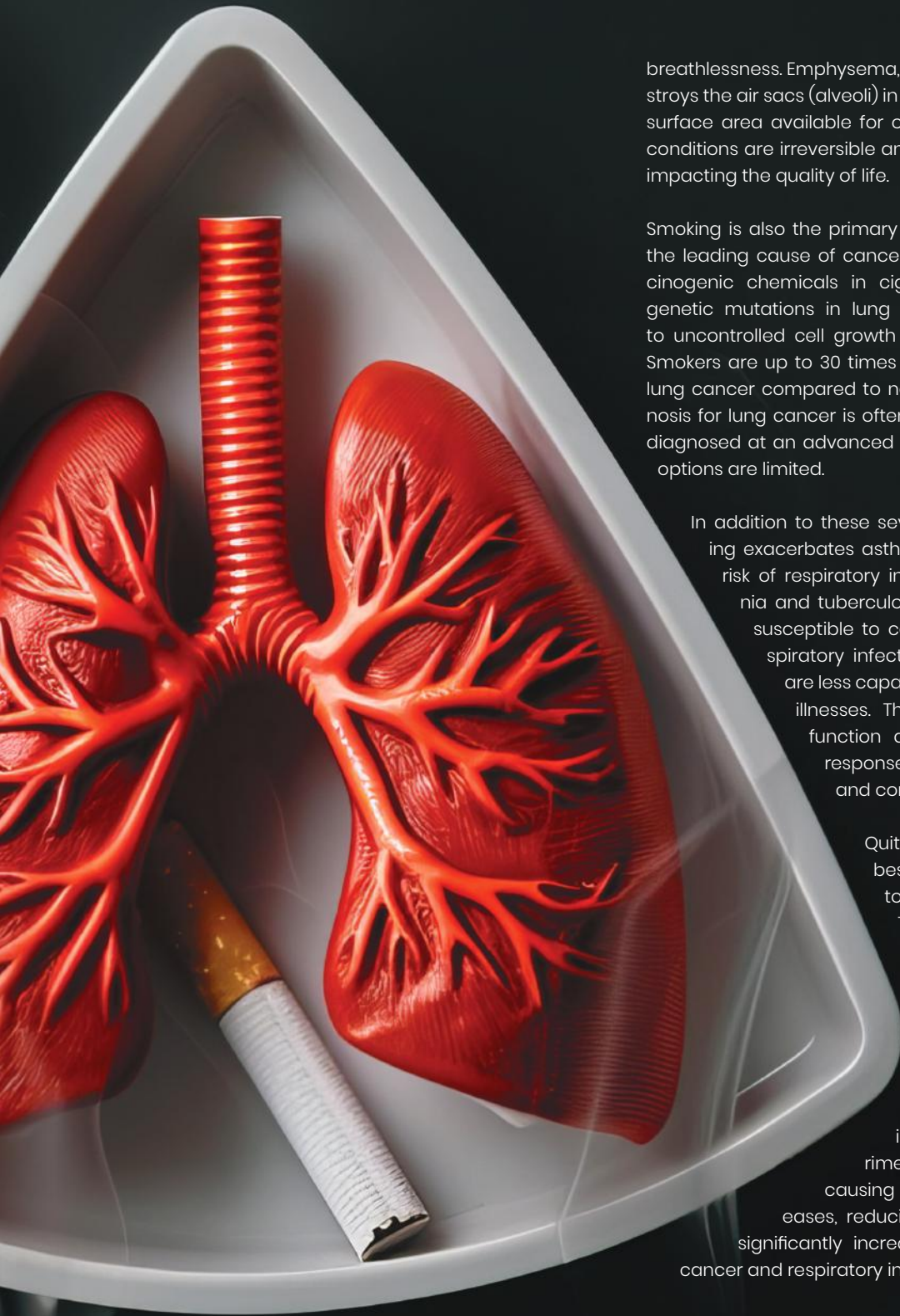
By Prince Opoku Dogbey

Smoking is one of the most harmful habits a person can adopt, particularly due to its devastating effects on the lungs. Despite widespread knowledge of its dangers, smoking remains a leading cause of preventable diseases and death worldwide. Understanding the specific ways in which smoking damages the lungs can help underscore the importance of quitting this dangerous habit.

Firstly, smoking introduces a host of toxic chemicals into the lungs, including tar, nicotine, carbon monoxide, formaldehyde, and benzene. These substances wreak havoc on the respiratory system. Tar, for instance, coats the lungs, leading to inflammation, and making it difficult for the lungs to function properly. This sticky residue also damages the cilia, the tiny hair-like structures that help keep the airways clear of mucus and dirt. When cilia are impaired, the risk of infections and lung diseases increases significantly.

Chronic Obstructive Pulmonary Disease (COPD) is one of the most severe consequences of smoking. COPD is a group of lung diseases, including chronic bronchitis and emphysema, that cause breathing difficulties and progressive lung damage. In chronic bronchitis, the airways become inflamed and produce excess mucus, leading to persistent coughing and





breathlessness. Emphysema, on the other hand, destroys the air sacs (alveoli) in the lungs, reducing the surface area available for oxygen exchange. Both conditions are irreversible and debilitating, severely impacting the quality of life.

Smoking is also the primary cause of lung cancer, the leading cause of cancer deaths globally. Carcinogenic chemicals in cigarette smoke trigger genetic mutations in lung cells, which can lead to uncontrolled cell growth and tumor formation. Smokers are up to 30 times more likely to develop lung cancer compared to non-smokers. The prognosis for lung cancer is often poor, as it is typically diagnosed at an advanced stage when treatment options are limited.

In addition to these severe conditions, smoking exacerbates asthma and increases the risk of respiratory infections like pneumonia and tuberculosis. Smokers are more susceptible to colds, flu, and other respiratory infections, and their bodies are less capable of fighting off these illnesses. The compromised lung function and reduced immune response make recovery slower and complications more likely.

Quitting smoking is the best action one can take to protect their lungs. The benefits of quitting start almost immediately, with improved lung function and decreased risk of lung diseases.

In conclusion, smoking is profoundly detrimental to lung health, causing a range of serious diseases, reducing lung function, and significantly increasing the risk of lung cancer and respiratory infections.



## Discover the Amazing Benefits of Honey to the Skin.

By Yosua Domedjui

**H**oney, the sticky and sweet substance produced by bees, isn't just a treat for your taste buds; it's also a powerhouse for your skin. Bees collect flower nectar and refine it into honey, packed with nutrients, enzymes, and beneficial compounds that offer numerous medical and cosmetic benefits. Here's why honey should be a staple in your skincare routine:



### Skin Health Benefits of Honey

- 1. Hydrates and Moisturizes Deeply:** Honey's natural humectant properties deeply hydrate the skin, leaving it softer, plumper, and naturally glowing.
- 2. Reduces Signs of Early Aging:** It attracts moisture from the air, enhancing skin hydration and minimizing fine lines and wrinkles. Natural antioxidants in honey combat free radicals, reducing premature aging.
- 3. Exfoliates and Cleanses Pores:** With natural exfoliating and antimicrobial properties, honey gently cleanses pores, removing deep-seated dirt and preventing skin issues.
- 4. Reduces Hyperpigmentation and Scars:** Honey's mild hydrogen peroxide content lightens hyperpigmentation and acne scars, promoting brighter skin.

### How to Use Honey in Your Skincare Routine:

For daily use, consider products like Gisou's Honey Infused Face Oil, which absorbs quickly, providing antioxidant-rich hydration and nourishment. This helps maintain a natural glow and long-lasting moisture.

Incorporating honey into your skincare regimen can transform your skin, offering hydration, anti-aging benefits, and healing properties. Embrace the natural power of honey for healthier, radiant skin.



## Disease In Focus

**F**acial paralysis is a medical condition characterized by partial or total loss of motor function in the facial muscles, often caused by damage to the facial nerve (cranial nerve VII). This condition can be temporary or permanent and may affect one side of the face (unilateral facial paralysis) or both sides (bilateral facial paralysis).

One of the primary causes of facial paralysis is Bell's Palsy, a condition often idiopathic in nature, meaning it arises without a discernible cause. Suspected to be linked to viral infections like herpes simplex, Bell's Palsy leads to sudden weakness or paralysis on one side of the face. Infections such as chronic middle ear infections or viral infections like shingles (Ramsay Hunt syndrome) can also result in facial paralysis. Trauma, such as head injuries, skull fractures, or ear surgeries, can damage the facial nerve and cause paralysis. Neurological conditions like multiple sclerosis or stroke (cerebrovascular accident) and tumors, whether benign or malignant, affecting the facial nerve can also lead to facial paralysis.

Symptoms of facial paralysis include muscle weakness, making it difficult to move the affected side of the face and hindering facial expressions. The face may appear



droopy or immobile, and individuals may experience difficulty closing one eye, leading to dryness, irritation, and potential corneal ulcers. Loss of taste on the anterior two-thirds of the tongue and pain around the jaw or behind the ear are also common symptoms.

Diagnosis typically involves a clinical examination to assess facial movements and symmetry, electrophysiological tests like electromyography (EMG) to evaluate muscle activity, imaging such as MRI or CT scans to identify tumors or nerve lesions, and laboratory tests to investigate possible infections or systemic diseases.

Treatment options for facial paralysis vary depending on the underlying cause and severity. Medications such as corticosteroids may be prescribed to reduce inflammation, while antiviral medications are used if a viral infection is suspected. Physical therapies, including facial exercises, help maintain muscle tone and prevent muscle contracture. Eye protection measures such as eye drops, ointments, and temporary eye closure are essential to prevent eye dryness and corneal damage.

In conclusion, facial paralysis is a complex condition with diverse causes and significant implications for both physical and mental health





# Doppler Ultrasound:

## Revolutionizing Medical Imaging.

By Yosua Domedjui,

**D**oppler ultrasound, named after physicist Christian Doppler, represents a significant advancement in medical imaging technology. This non-invasive technique utilizes sound waves to visualize and evaluate blood flow within blood vessels and organs in real-time. Unlike traditional ultrasound, which creates static images of anatomical structures, Doppler ultrasound adds the capability of assessing the velocity and direction of blood flow, providing crucial diagnostic information across various medical specialties.

In vascular medicine, Doppler ultrasound plays a pivotal role in diagnosing and monitoring conditions such as peripheral arterial disease (PAD) and deep vein thrombosis (DVT). By measuring blood flow through arteries and veins, healthcare providers can identify blockages, assess the severity of vascular diseases, and determine appropriate treatment plans. Doppler ultrasound is particularly effective in evaluating carotid artery disease, where it helps assess the risk of stroke by detecting plaque buildup and abnormal blood flow patterns in the carotid arteries of the neck.

The versatility of Doppler ultrasound extends beyond vascular applications. In obstetrics and gynecology, it is used to assess fetal well-being by measuring blood flow to the fetus and placenta. Cardiologists rely on Doppler ultrasound to evaluate heart valve function and detect abnormalities in cardiac blood flow, aiding in the diagnosis of heart conditions such as valve stenosis and regurgitation. In oncology, Doppler ultrasound assists in monitoring blood flow within tumors,

guiding treatment decisions and assessing tumor response to therapy.

One of the primary advantages of Doppler ultrasound is its non-invasive nature, which eliminates the risks associated with invasive procedures and reduces patient discomfort. Moreover, Doppler ultrasound does not use ionizing radiation, making it safe for repeated use, particularly in pregnant women and pediatric patients.

Despite its numerous benefits, Doppler ultrasound does have limitations. Its accuracy can be affected by factors such as patient body habitus, operator skill, and the presence of gas or tissue artifacts that may

obscure imaging quality.

In conclusion, Doppler ultrasound represents a cornerstone in modern medical diagnostics, providing healthcare providers with essential information for diagnosing and managing a wide range of medical conditions. As technology continues to advance, Doppler ultrasound remains at the forefront, driving improvements in patient care and contributing to better treatment outcomes across diverse medical disciplines.





# Avocado Benefits and Easy Guacamole Recipe.

By Yosua Domedjui,

Avocado is a nutrient-rich fruit, appreciated for its health benefits and versatility in cooking. It is an excellent source of healthy fats, particularly monounsaturated fats. These fats are beneficial for the heart, as they help reduce bad cholesterol (LDL) and increase good cholesterol (HDL). Additionally, avocado contains dietary fiber, which promotes healthy digestion and can help prevent constipation.

## Guacamole Recipe

Guacamole is a tasty way to enjoy the benefits of avocado. Here is a simple recipe to prepare this delicious

### Ingredients:

- 3 ripe avocados
- 1 medium tomato, seeded and diced
- 1/2 red onion, finely chopped
- 1 garlic clove, minced
- 1 jalapeño pepper, seeded and finely chopped (optional)
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

Guacamole is a tasty way to enjoy the benefits of avocado. Here is a simple recipe to prepare this delicious dish.

### Instructions:

Cut the avocados in half, remove the pits, and scoop the flesh into a bowl. Mash with a fork until you achieve a slightly creamy texture with some chunks.

Add the tomato, onion, garlic, jalapeño (if using), and cilantro. Mix well.

Pour the lime juice over the mixture to add freshness and prevent the avocado from browning.

Season with salt and pepper to taste. Mix again.

Serve immediately with corn chips, raw vegetables, or use the guacamole as a topping for tacos and burritos.

Avocado and guacamole are not only delicious but also good for your health. Incorporating these foods into your diet can help you enjoy their numerous nutritional benefits.







# Integrating Traditional and Modern Medicine for Holistic Care.

By Pavel Chamabe

Combining the best aspects of both contemporary and traditional medicine to provide holistic treatment allows patients to receive the best possible health outcomes. Herbal therapies, holistic approaches to health and wellbeing, and natural medicines are the main features of traditional medicine, which has its roots in local customs and historical knowledge. In contrast, modern medicine uses evidence-based procedures, cutting-edge technology, and scientific research to identify, treat, and prevent illnesses.

The combination of these two strategies recognises the distinct advantages and drawbacks of each. Conventional medicine emphasises prevention of the body's general balance while providing a thorough grasp of treatment techniques. Ayurvedic, traditional Chinese medicine (TCM),

and preserving natural treatment and acupuncture.



puncture are among the practices that place an emphasis on individualised care that takes the body, mind, and spirit into account.

Modern medicine, on the other hand, offers precise diagnostic instruments, medication therapies, and surgical techniques that may successfully cure acute illnesses and handle complicated disorders. It is particularly good in providing emergency care, cutting-edge therapies, and specialised treatments requiring exact medical procedures.

The benefits of both conventional and holistic medicine are combined to provide all-encompassing health solutions. For cancer patients, for instance, combining traditional therapies like chemotherapy with acupuncture or herbal medicines might improve general health and minimise adverse effects. Similarly, people with mental health conditions can have better results when they combine cognitive-behavioral treatment (CBT) with mindfulness practices.



Collaboration between healthcare professionals from many disciplines, such as doctors, therapists, naturopaths, and traditional healers, is essential to effective integration. By working together, we can make sure that each patient's needs are met while taking into account their medical history, preferences, and cultural values.

Ultimately, integrating traditional and modern medicine promotes patient-centered care that respects diversity in healthcare practices and maximizes therapeutic outcomes. By combining the strengths of both approaches, holistic care aims to not only treat symptoms but also support the body's innate ability to heal and maintain balance, fostering overall health and well-being.





# Stressing to Destress.

By Gloria Addo



***“Sometimes the most productive thing you can do is relax” – Mark Black***

Yet, how do you explain when your need to relax is accompanied by a nagging sense of guilt?

**T**hroughout the week, our thoughts often gravitate toward the approaching weekend, or we eagerly anticipate the holidays that loom on the horizon. The weekend finally comes and instead of resting, your mind is bullied with unfinished tasks. The more you think of things to add to your to-do list the more your heart rate increases.

Guess what is happening; you are Stresslaxing!

Deborah Serani, a professor, and author of *Living with Depression* defines Stresslaxing as relaxation-induced anxiety.

Research suggests that if you already struggle with generalized anxiety or overthinking, you may be more prone to stresslaxing. Other evidence says individuals

with stress laxing struggles may also experience panic attacks in addition to their stress and anxiety. And then others may become depressed because they can't relax freely.

With the work-focused attitudes of today's culture, it can be easy to associate our productivity with our self-worth, compelling us to feel the need to justify ourselves when we take a moment to rest elaborately. If you've ever experienced this, rest assured, you are not alone.

To feel good about oneself, relaxation is essential. One can attain it by letting go of guilt, engaging in self-care activities like yoga, walks, or grounding exercises, and practicing mindfulness and grounding exercises. When we consciously set aside time for relaxation, we can use it as a productive tool to maximize our potential and change our mindset from seeing it as a barrier to achievement.



**“Chronic stress can increase a number of health risks, including high blood pressure, heart attack, and stroke.**

***Don't be Stresslaxed!***

## Having a Family Doctor:

By Mavis Essaba Mensah

# The Cornerstone of Personalized Healthcare.

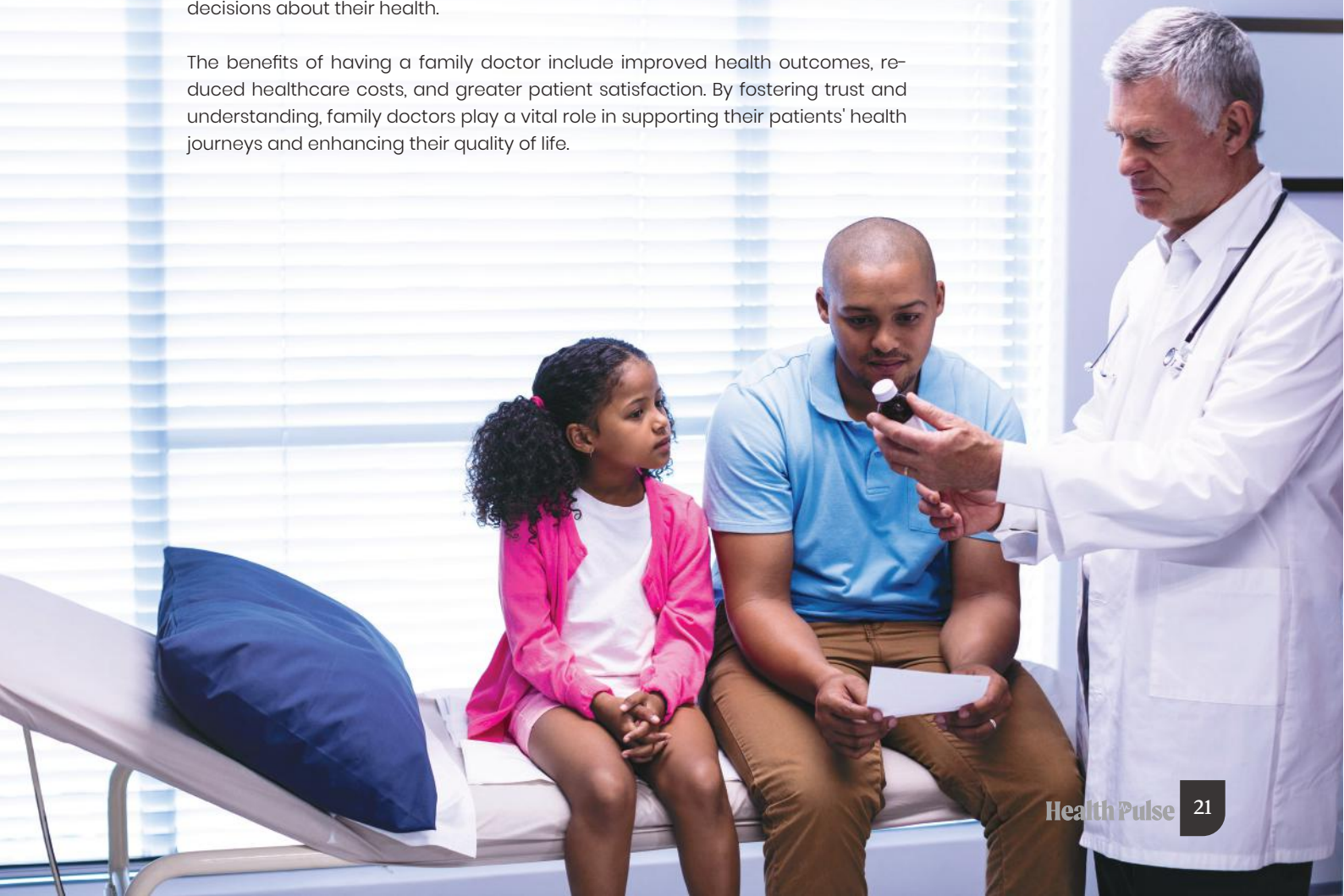
**H**aving a family doctor is invaluable for personalized and continuous healthcare. Unlike visiting different providers for each medical concern, a family doctor offers consistency and familiarity. They build a long-term relationship with patients, understanding their medical history, lifestyle, and individual health needs.

Family doctors provide comprehensive care, from routine check-ups to managing chronic conditions. This continuity allows for early detection of health issues and tailored preventive care strategies. They coordinate care across specialists and healthcare settings, ensuring holistic management and minimizing gaps in treatment.

Beyond medical treatment, family doctors educate and empower patients about their health. They provide guidance on lifestyle changes, offer preventive screenings and vaccinations, and address mental health concerns. This holistic approach promotes overall well-being and empowers patients to make informed decisions about their health.

The benefits of having a family doctor include improved health outcomes, reduced healthcare costs, and greater patient satisfaction. By fostering trust and understanding, family doctors play a vital role in supporting their patients' health journeys and enhancing their quality of life.

In essence, having a family doctor goes beyond medical care—it is about having a trusted partner in health who advocates for your well-being and provides personalized, compassionate care throughout life's stages.







## The Male

# Menopause Explained.

By Pavel Chamabe

**A**ndropause, often referred to as "male menopause," describes a period in men's lives characterized by a gradual decline in testosterone levels. It typically occurs between the ages of 40 and 50, though this can vary from individual to individual. Unlike menopause in women, which is a distinct event, andropause manifests more gradually.

A decrease in libido, erectile dysfunction, chronic fatigue, mood swings including melancholy and irritability, loss of muscle mass, and weight gain, especially around the midsection, are just a few of the many symptoms associated with andropause. Osteoporosis risk in certain men may also be increased by sleep problems and decreased bone density.

A comprehensive discussion of symptoms during a medical visit is usually necessary to diagnose andropause. Subsequently, blood tests are performed to determine the levels of testosterone and other hormones. It could also be required to perform a thorough physical examination in order to evaluate the patient's general health.



A multimodal strategy is necessary for managing andropause. Testosterone replacement treatment (TRT), which comes in injectable, pill, gel, and patch form, is frequently used to raise hormone levels. To further reduce symptoms, lifestyle modifications including a healthy diet, consistent exercise, efficient stress management, and restful sleep are crucial. Certain conditions, such as depression or erectile dysfunction, may require the prescription of specific drugs.

It is critical to realise that andropause can affect a number of facets of daily life, such as interpersonal interactions and productivity at work. Getting psychological support from counselling or therapy might help you manage emotional shifts. Men may approach this stage of their life more calmly and healthily by taking the initiative and getting the right help.



## Managing Blood Sugar Through Diet:

# A Vital Approach to Health.

By Prince Opoku Dogbey

**M**aintaining healthy blood sugar levels is paramount for overall wellness, particularly for individuals managing diabetes or those at risk. Diet plays a pivotal role in this endeavor, offering a proactive approach to controlling blood sugar effectively.

Firstly, focusing on foods with a low glycemic index (GI) helps regulate blood sugar levels by causing slower increases. Incorporate whole grains like oats and quinoa, along with non-starchy vegetables and moderate fruit portions.

Secondly, prioritize fiber-rich foods such as whole grains, fruits, and vegetables.

Fiber slows sugar absorption in the bloodstream, promoting more stable blood sugar levels throughout the day.

Monitoring carbohydrate intake is crucial. Opt for com-

plex carbohydrates over simple sugars, distributing them evenly across meals to avoid spikes. Lean proteins like poultry, fish, and legumes further stabilize blood sugar and promote satiety.

Limiting saturated and trans fats supports insulin sensitivity and reduces the risk of heart disease. Instead, choose healthy fats like those found in olive oil and nuts.

Hydration is key. Drinking water and avoiding sugary beverages help regulate blood sugar and support overall health.

Consistency in meal timing and balanced meal planning are essential. Monitor blood sugar levels regularly and adjust your diet as needed, with guidance from healthcare professionals.

By adhering to these dietary principles, individuals can effectively manage blood sugar levels, enhancing overall health and reducing the risk of complications associated with diabetes. Taking a proactive approach to diet empowers individuals to achieve long-term wellness and vitality.





# Preventing Childhood Obesity.

By Pavel Chamabe

**O**besity is a major public health concern affecting adolescents and children who have excess body fat. It results from complex interactions among genetic, behavioral, and environmental factors. Thus, addressing childhood obesity requires a comprehensive approach.

To start, it's important to encourage a healthy diet. Foods high in nutrients, such as lean meats, whole grains, fruits, and vegetables, can help create dietary habits that last a lifetime. Limiting sugar-filled beverages and high-calorie snacks can reduce calorie intake and prevent weight gain.

Second, consistent physical exercise is essential for maintaining a healthy weight. Children should engage in moderate-to-intense physical activity for at least sixty minutes every day. This can include sports, biking, swimming, or simply playing outside.

**“Consistent physical exercise is essential for maintaining a healthy weight**

Parental involvement is crucial in shaping a child's lifestyle patterns. Positive role modeling of healthy behaviors, such as exercising and eating well, can have a beneficial impact on children's habits. Family bonding can be strengthened and health promoted through joint physical activities and meals.

Education campaigns in communities and schools are essential for raising public awareness of the importance of leading healthy lives. Providing children and their families with information about healthy eating habits, portion control, and the benefits of physical activity empowers them to make wise decisions.

Finally, it is critical to address environmental factors contributing to obesity. This involves limiting the availability of unhealthy foods in communities and schools, promoting safe areas for physical activity, and supporting policies that encourage healthy living.

In conclusion, preventing childhood obesity requires collaboration among families, schools, communities, healthcare professionals, and legislators. By creating supportive environments and encouraging healthy habits early on, we can successfully reduce the rate of childhood obesity and improve the overall health and well-being of future generations.







# What is Female Prostate Cancer.

By Chance Iradukunda

**F**emale prostate cancer is a term that may cause confusion, as traditionally, prostate cancer is associated with males due to the anatomical presence of the prostate gland in men. However, there are rare cases where women can develop tumors in tissues analogous to the prostate gland found in males. These tissues are known as Skene's glands or paraurethral glands, located near the urethra and thought to be homologous to the male prostate.

## Female Prostate Cancer:

### 1. Anatomical Background:

**W**omen do not have a prostate gland like men; instead, they have structures such as Skene's glands or paraurethral glands. These glands are thought to be similar in function and embryological origin to the prostate gland in males. Tumors can occasionally develop in these tissues, mimicking prostate cancer in men.

### 2. Symptoms and Diagnosis:

Symptoms of tumors in Skene's glands or paraurethral glands may include pelvic pain, urinary difficulties, blood in urine, and discomfort during intercourse. Diagnosis involves imaging tests such as MRI or ultrasound, biopsy of the suspicious tissue, and histopathological examination to confirm the presence of cancerous cells.

### 3. Treatment Options:

Treatment for female prostate cancer typically involves

surgery to remove the tumor, along with radiation therapy and chemotherapy depending on the stage and aggressiveness of the cancer. Hormonal therapy, similar to that used in male prostate cancer, may also be considered to suppress hormone-related tumor growth.

### 4. Prognosis and Awareness:

Due to the rarity of female prostate cancer, prognosis and outcomes can vary significantly. Early detection and prompt treatment are crucial for improving prognosis. Given its uncommon nature, raising awareness among healthcare providers and the public about the possibility of such tumors in women is essential for timely diagnosis and appropriate management.

To Conclude, while female prostate cancer is exceedingly rare and differs anatomically from prostate cancer in males, it underscores the importance of identifying the diversity of cancer presentations across genders. Further research and awareness efforts are needed to improve diagnosis, treatment, and outcomes for these rare cases.





# Medical Jargons

Here are six strategic medical jargon terms along with their meanings:

---

**Hemodynamics**  
Meaning: The study of the movement and flow of blood within the circulatory system. This term is often used to discuss the dynamics of blood pressure and cardiac function.

## Nosocomial Infection

Meaning: Infections that are acquired in a hospital or healthcare facility setting. These are also known as hospital-acquired infections (HAIs).

## Idiopathic

Meaning: A term used to describe a disease or condition that has no known cause. It is often used when the origin of a medical issue is unknown despite thorough investigation.

## Palliative Care

Meaning: Specialized medical care focused on providing relief from the symptoms and stress of a serious illness. The goal is to improve the quality of life for both the patient and the family.

## Iatrogenic

Meaning: Refers to an illness or condition that is caused by medical treatment or diagnostic procedures. It highlights adverse effects or complications resulting from healthcare interventions.

## Comorbidities

Meaning: The presence of one or more additional diseases or disorders co-occurring with a primary disease or condition. It is often used to describe patients with multiple chronic health issues.





YOUR ONE STOP DESTINATION FOR ALL  
**HEALTH AND MEDICAL SUPPLIES**

Talk to us today on **+233 53 103 5868 | +233 53 103 7131**  
info@hcowa.com | www.hcowa.com

    Hcowaghana