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EDITORIAL

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Oral Health; What is Eating your Teeth?

HEALTH MYTH BUSTER

"Swallowed chewing gum sticks in the stomach."

WOMEN'S HEALTH

Cervical Cancer: The Worldwide Common Cancer to Women.





HCOWA

HEALTH COMMUNITY
OF WEST AFRICA

HCOWA: Advancing Healthcare Standards in West Africa

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

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

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

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Preventing Tooth Cavities: A Pain-Free Future with Healthy Habits.

Tooth cavities, often dismissed as minor dental issues, can escalate into significant sources of pain and discomfort if left untreated. These small pits in the enamel, primarily caused by tooth decay, are a common ailment affecting people of all ages. However, the good news is that tooth cavities are largely preventable through a combination of healthy activities and mindful practices.

The primary culprit behind tooth cavities is the buildup of plaque—a sticky film of bacteria that forms on the teeth. When we consume

sugary or starchy foods, these bacteria produce acids that erode the tooth enamel, leading to cavities. This process is not only harmful but also painful, often resulting in sensitivity and even tooth loss if ignored.

Preventing cavities starts with good oral hygiene. Brushing your teeth at least twice a day with fluoride toothpaste and flossing daily helps remove plaque and food particles from between the teeth and along the gumline. It's also important to use a soft-bristled toothbrush and replace it every three to four months to ensure effectiveness.

Diet plays a crucial role in dental health.

Limiting sugary snacks and beverages reduces the fuel available for cavity-causing bacteria. Instead, incorporate a diet rich in fruits, vegetables, whole grains, and dairy products, which provide essential nutrients for strong teeth and gums. Drinking plenty of water, especially fluoridated water, can also help wash away food particles and acids.

Regular dental check-ups are essential. Dentists can identify early signs of cavities and provide treatments such as fluoride applications and sealants to protect the teeth. Professional cleanings every six months also help remove tartar that regular brushing and flossing can't reach.

In addition to these practices, consider using dental products like mouth rinses that contain antibacterial agents to further reduce plaque buildup. Chewing sugar-free gum can also stimulate saliva production, which naturally



cleanses the teeth and neutralizes acids.

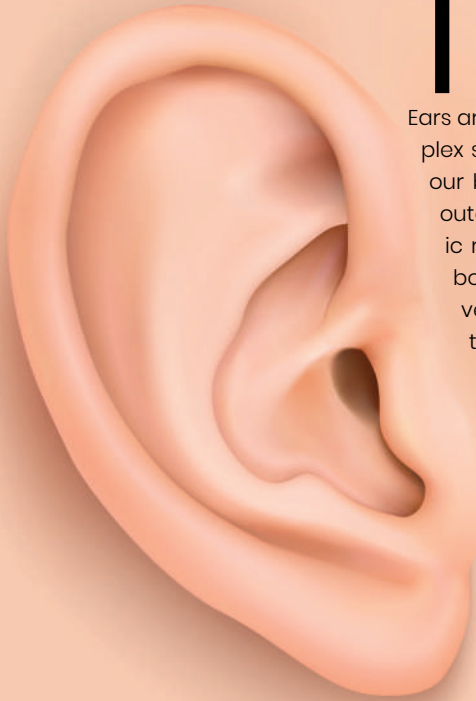
Tooth cavities, while painful, are preventable through consistent and healthy habits. By maintaining good oral hygiene, making smart dietary choices, and visiting the dentist regularly, you can protect your smile and avoid the discomfort of cavities. Remember, a proactive approach today ensures a pain-free tomorrow.

“Dentists can identify early signs of cavities and provide treatments such as fluoride applications and sealants to protect the teeth.”



The Ear: A Marvel of Biological Engineering.

By Gloria Addo



The human ear, a marvel of biological engineering, is our gateway to the world of sound. These organs, which extend from either side of the head, are directly over your temporal lobe, the part of your brain responsible for hearing, speech, memory, and some emotions.

Ears are fascinating organs that are a complex part of an even more complex sensory system that not only enables us to hear but also maintains our balance. This intricate organ is composed of three main parts: the outer ear, the middle ear, and the inner ear. Each part plays a specific role in the process of hearing as well as in the maintenance of the body's balance and orientation. On a whole, they work together to convert sound waves into neural signals, enabling us to perceive and interpret the world around us.

Your ears have two main functions: hearing and balance.

To Hear: Sound waves enter the ear canal, causing vibrations in the eardrum. These vibrations are amplified by three ossicles in the middle ear and transmitted to the inner ear, where stereocilia convert the vibrations into electrical energy and send it to the brain.

Balance: The inner ear contains semicircular canals with fluid- and hair-like sensors. When the head moves, fluid sloshes, causing the hairs to move, which transmits information to the vestibular nerve and muscles for balance.

Here are some tips to maintain the best possible health for your ears:

- Keep your ears dry by wearing ear plugs when swimming.
- Don't use cotton swabs to clean your ear canal.
- Wear protective equipment when playing contact sports.
- Turn the volume down when listening to music through headphones.
- Wear ear plugs if you're around loud noises.
- Visit your healthcare provider for routine ear examinations.

For balance and hearing, it's essential to take good care of your ears. If you experience symptoms like tinnitus, muffled hearing, or ear discomfort, seek medically appropriate treatment.



1 in 11 People Globally Face Hunger UN Report.

In 2023, around 733 million people globally faced hunger, equating to one in eleven people, with Africa being hit the hardest at one in five.

The latest State of Food Security and Nutrition in the World (SOFI) report by five UN agencies highlights a grim reality: the world is far from achieving Zero Hunger by 2030. Hunger levels have stagnated for three years, with numbers reminiscent of 2008–2009.

While Asia and Latin America show some stability or progress, Africa sees a continual rise in hunger. By 2030, an estimated 582 million people will be chronically undernourished, half of them in Africa. Additionally, about 2.33 billion people faced moderate or severe food insecurity in 2023, with 864 million experiencing severe food insecurity.

Economic access to healthy diets remains a significant issue, with over 2.8 billion people unable to afford a healthy

diet in 2022, especially in low-income countries. Despite progress in exclusive breastfeeding, malnutrition remains a severe challenge, with stagnating low birthweight prevalence and rising anaemia in women.

Adult obesity has increased, projected to affect 1.2 billion people by 2030. The coexistence of undernutrition and obesity complicates the malnutrition landscape.

The report emphasizes the need for increased and smarter financing to combat hunger and malnutrition, advocating for transforming agrifood systems and addressing inequalities.

The SOFI report calls for innovative, equitable solutions to bridge the financing gap, particularly in countries most affected by hunger and climate impacts. Achieving SDG 2 requires substantial investment and global cooperation to ensure food security and nutrition for future generations.





Cervical Cancer:

The Worldwide Common Cancer to Women.

By Chance Iradukunda

pecially if they have a family history of cervical cancer.

Cervical cancer prevention involves vaccination, regular screenings, and healthy lifestyle choices. Vaccination against high-risk HPV types is effective, and routine Pap smears and HPV tests are crucial for early detection. Safe sex, limiting sexual partners, and avoiding smoking also reduce the risk. Symptoms like vaginal bleeding, pelvic pain, weight loss, fatigue, and unwellness should be recognized and sought medical attention, especially for women at increased risk due to HPV infection or a family history

Treatment of cervical cancer depends on several factors including the stage of the cancer, the woman's overall health, and her preferences regarding future fertility. Early-stage cervical cancer may be treated with surgery to remove the cancerous tissue, which can range from a cone biopsy to a hysterectomy (removal of the uterus). In cases where the cancer has spread beyond the cervix, treatment may involve a combination of surgery, radiation therapy, and chemotherapy.

Radiation therapy uses high-energy rays to kill cancer cells or shrink tumors, while chemotherapy involves drugs that can be administered orally or intravenously to destroy cancer cells or prevent their growth. The specific treatment plan is determined by a multidisciplinary team of healthcare professionals, aiming to achieve the best possible outcome for each individual patient while minimizing side effects and preserving quality of life.

Cervical cancer is a type of cancer that begins in the cells of the cervix, which is the lower part of the uterus (womb) that connects to the vagina. It is one of the most common cancers affecting women worldwide, but it is also one of the most preventable and treatable types of cancer if detected early

Cervical cancer is primarily caused by persistent infection with high-risk human papillomavirus (HPV), a sexually transmitted virus. Risk factors include early sexual activity, multiple partners, weakened immune systems, and smoking. Regular screening, vaccination, safe sex, limiting sexual partners, and quitting smoking can help detect abnormal cervical changes early. Symptoms include vaginal bleeding, pelvic pain, weight loss, fatigue, and general unwellness. Women should be aware of these symptoms and seek medical attention if they occur, es-



Electrophoresis Tank.

By Yosua Domedjui

Arne Tiselius' work in 1931 marked the beginning of the history of the electrophoresis tank for molecular separation and chemical analysis. In the twenty-first century, new methods for chemical speciation analysis and separation procedures are still being developed based on electrophoresis.

Tiselius invented the "Tiselius apparatus" for moving-boundary electrophoresis with funding from the Rockefeller Foundation. His renowned publication, "A New Apparatus for Electrophoretic Analysis of Colloidal Mixtures," published in 1937, details this device. The technique gradually gained traction until the 1940s and 1950s, when efficient zone electrophoresis techniques that employed gels or filter paper as supporting media were developed.

Structure and Function

The electrophoresis tank consists of a rectangular container that holds a gel matrix, typically made of agarose or polyacrylamide. The tank is filled with a conductive buffer solution that facilitates the movement of charged particles. Electrodes are placed at both ends of the tank, creating an electric field when connected to a power supply. Samples are loaded into wells at one end of the gel, and when the electric field is applied, the molecules migrate through the gel towards the oppositely charged electrode.



Principles of Operation

Electrophoresis relies on the principle that charged molecules will move in an electric field. DNA and RNA, being negatively charged due to their phosphate backbone, migrate towards the positive electrode (anode). Proteins can be positively or negatively charged depending on the pH of the buffer solution and their isoelectric point. The gel matrix acts as a molecular sieve, separating molecules based on size; smaller molecules move faster and travel further than larger ones.

Applications in Research

Electrophoresis tanks are widely used in genetic research, forensic analysis, and diagnostics. In genetic research, they allow for the visualization and analysis of DNA fragments after restriction enzyme digestion or PCR amplification. In forensic science, electrophoresis is used for DNA fingerprinting, helping to identify individuals based on their unique genetic makeup. In clinical diagnostics, electrophoresis can detect abnormal protein patterns associated with diseases such as multiple myeloma.

Advancements and Innovations

Modern electrophoresis tanks have seen several

advancements, including automated gel loading systems, improved gel formulations, and enhanced imaging technologies for better visualization of results. Capillary electrophoresis, a more recent development, allows for faster and more precise separations in a narrow capillary tube, reducing the time and amount of sample required.

Conclusion

The electrophoresis tank remains a fundamental tool in molecular biology, providing critical insights into the genetic and protein composition of organisms. Its ongoing development continues to drive advancements in biological research and medical diagnostics, cementing its role as an indispensable instrument in scientific laboratories.

Serious Health Risks from Food Supplements for Athletes, Warns ANSES.

By Pavel Chamabe



The French National Agency for Food Safety (ANSES) has issued a warning about the serious health risks associated with food supplements used by athletes to build muscle or burn fat.

Between 2016 and February 2024, 154 new cases of adverse reactions were reported, bringing the total to over 200. Among these, two deaths occurred, and four individuals faced life-threatening conditions.

Unlike medicines, food supplements do not require marketing authorization, leading to a proliferation of online sales sites. Major retailers are also entering this lucrative market. Traditionally popular among bodybuilders, the use of these supplements is spreading to sports where high muscle power or reduced body weight is essential, according to ANSES. This trend is fueled by the mistaken belief that a regular diet is insufficient to meet performance goals.

The French National Institute for Health and Medical Research also warns against the over-consumption of proteins, which can cause cardiovascular, general, and neurological symptoms, particular-

ly in younger individuals with more sensitive bodies.

ANSES highlights another significant concern: the risk of doping. Ingredients such as anabolic steroids, clenbuterol, and ephedrine, which are prohibited, have been found in some food supplements. The presence of these substances constitutes fraud and can lead to athletes testing positive in anti-doping tests. Contamination by food supplements is increasingly cited as a reason for the presence of banned substances in athletes' test results.

Athletes and sportspeople are urged to exercise caution and seek professional advice before consuming any food supplements. The health risks and potential for doping violations are significant, underscoring the need for greater regulation and awareness in this growing market.



How to prepare for a medical Appointment.

By Pavel Chamabe

Preparing for a medical appointment can ensure that you make the most of your time with your healthcare provider. Here are some steps to help you get ready:

1. Know the Purpose of Your Visit: Understand why you are seeing the doctor. Whether it's a routine check-up, a follow-up, or a consultation for a specific issue, having a clear purpose helps you focus on the main concerns.

2. Gather Medical Information: Compile a list of your current medications, including dosages. Note any supplements or over-the-counter drugs you take. Have a summary of your medical history, including past surgeries, chronic conditions, and any significant illnesses. If possible, bring previous medical records or test results.

3. Prepare Your Questions: Write down any questions or concerns you have. Prioritize them so that you cover the most important ones first. Common questions might include inquiries about symptoms, treatment options, or lifestyle changes.

4. Symptom Tracking: If you're seeing the doctor for a specific issue, keep a diary of your symptoms. Note when they occur, their severity, and any potential triggers. This detailed information can help your doctor diagnose and treat your condition more effectively.

5. Bring a Support Person: If you feel anxious or overwhelmed, consider bringing a friend or family member. They can provide emotional support, help you remember information, and ask questions you might forget.

6. Update Personal Information: Make sure your insurance information is up to date and bring your insurance card. Have a photo ID on hand, and ensure your contact details are current with the medical office.



“Swallowed chewing gum sticks in the stomach.”

By Pavel Chamabe

It is commonly asserted that swallowed chewing gum sticks to the stomach lining, but this popular belief does not stand up to scientific scrutiny, as explained by Dr. Jean-Christophe Saurin, a gastroenterologist in Lyon.

According to Dr. Saurin, “Chewing gum does not stick to the stomach lining. It gets mixed with the food bolus and will be naturally evacuated.” This statement dispels any potential concerns regarding the effects of swallowed chewing gum. However, it is recommended not to make a habit of swallowing them. “Still, avoid swallowing your chewing gum; it’s not meant for that!” he cautions.

Chewing gums are made of gum base, sugars, flavors, and sometimes sweeteners. Their elastic texture and ability to remain soft even after chewing may give the impression that they could linger in the digestive system. However, the digestive process is designed to efficiently handle non-nutritive substances like chewing gum.

When a chewing gum is swallowed, it follows the normal digestion process. It gradually mixes with digested food in the stomach and then passes into the small intestine, where its components are eventually absorbed or excreted. Thus, chewing gums pose no danger to digestive health when consumed appropriately.

“Chewing gum does not stick to the stomach lining. It gets mixed with the food bolus and will be naturally evacuated.”





AFRICA

in focus

Eswatini: Shortage of Health workers affecting health care delivery.

The Kingdom of Eswatini is grappling with a significant shortage of health practitioners, with the health labor report highlighting the need for at least 20,272 health workers in 2022, yet the available workforce is only 10,531 short, causing a significant gap in the healthcare system.

The Health Labour Market Analysis Report, conducted by the government in partnership with the World Health Organization, highlights the urgent need for strategic intervention to address the shortage of health workers in Eswatini, projected to reach 26,563 by 2032.

The World Health Organization (WHO) Country Representative, Dr. Susan Tembo, Minister of Health, Mduduzi Matsebula, and other relevant government officials were present at the launch of the report.

Minister Matsebula emphasized the significance of the study in creating the new HRH (Human Resources for Health) strategy. While drawing attention to the alarming problem of over 900 health professionals who are unemployed in Eswatini, a competent workforce.

Furthermore, the nation is facing a brain drain, with 41% of the health workforce planning to leave the country for another country. This exodus of skilled and qualified healthcare professionals worsens the already severe

shortage.

Despite the nation's ability to train health workers, the research shows that by 2032, there would only likely be 12,438 available. As a result, the government intends to put in place measures to keep medical experts on staff and guarantee their fair distribution throughout the nation's healthcare institutions.

In order to support Universal Health Coverage (UHC), WHO Country Representative Dr. Susan Tembo asked legislators, the Ministry of Health, other government agencies, development partners, the commercial sector, and all other stakeholders to make investments in bolstering the health workforce. He specifically emphasized greater domestic financing and resource mobilization.

This comprehensive approach is said to address immediate needs while setting the stage for long-term solutions.

Source: EswatiniDailyNews



The Role of Proper Hand Hygiene in Health Awareness.

By Prince Opoku Dogbey

Why Hand Hygiene Matters.

The hands are the primary mode of transmission for pathogens that cause diseases. From touching surfaces in public places to handling food, our hands come into contact with numerous germs throughout the day. If not washed properly, these germs can easily enter the body through the mouth, nose, or eyes, leading to illnesses ranging from the common cold to more severe infections like influenza and gastrointestinal diseases.

Hand hygiene is particularly critical in preventing the spread of contagious diseases. During outbreaks, such as flu season or the COVID-19 pandemic, maintaining proper hand hygiene becomes even more vital to curb the transmission of viruses and bacteria.



Proper Hand Washing Techniques.

Effective hand washing involves more than just a quick rinse. To properly wash hands, one should follow these steps:

1. Wet Hands: Use clean, running water (warm or cold) to wet your hands.
2. Apply Soap: Apply a sufficient amount of soap to cover all surfaces of the hands.
3. Scrub: Rub hands together for at least 20 seconds, making sure to scrub the backs of hands, between fingers, and under nails.
4. Rinse: Rinse hands thoroughly under running water.
5. Dry: Dry hands with a clean towel or air dryer.

Hand sanitizers with at least 60% alcohol can be used when soap and water are not available, but they are less effective when hands are visibly dirty.

Promoting Hand Hygiene

Educating individuals, especially children, about the importance of regular hand washing can significantly reduce the spread of infections. Public health campaigns and proper hygiene practices in schools, workplaces, and healthcare settings are essential for fostering a culture of health awareness.

Maintaining Skin

Suppleness Through Proper Hydration.

By Yosua Domedjui



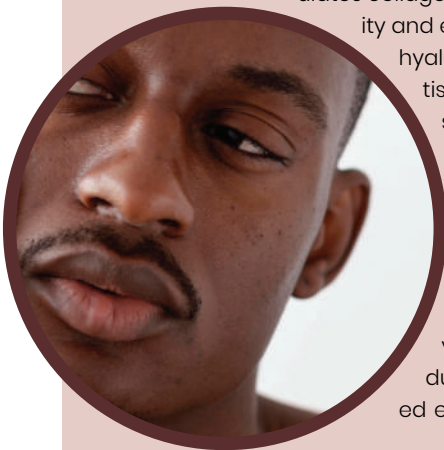
Maintaining skin suppleness through proper hydration is crucial for reducing the visibility of fine lines and wrinkles. Dehydrated skin is more susceptible to sunburn and other UV damage. Drinking plenty of water can help protect your skin from the sun's harmful rays. However, it's important to distinguish between dehydrated and dry skin, as they require different treatments. Dr. Soujanya Dhulipala, a dermatologist at the Advanced Dermatology and Cosmetic Surgery Center, explains that dry skin is characterized by fewer oil-producing glands, while dehydrated skin lacks water, not oil. Understanding this distinction is essential for selecting the right products and treatments.

To maintain healthy and hydrated skin, regular use of sunscreen is essential. Applying a broad-spectrum sunscreen with at least SPF 30 every morning, even on cloudy days, can protect your skin from UV rays and prevent premature aging. Reapplying sunscreen every two hours when outdoors is also necessary for optimal protection. Additionally, advanced skincare treatments can target specific moisture issues. Two popular treatments are Prophiloo (Bio Remodeling) and Viscoderm Hydrobooster. Prophiloo contains ultrapure hyaluronic acid and deeply hydrates areas such as the hands, neck, décolletage, and face. It stimulates collagen and elastin production, enhancing skin vitality and elasticity. Viscoderm Hydrobooster, a stabilized hyaluronic acid therapy, nourishes and revitalizes tissues, providing dual benefits. This non-invasive treatment reduces wrinkles, improves skin elasticity, and enhances texture, especially around the mouth, eyes, and forehead.

Investing in a humidifier can also help maintain skin hydration. Using a humidifier at home or work adds moisture to the air, preventing your skin from becoming too dry, especially during dry seasons or in air-conditioned or heated environments. Maintaining a healthy lifestyle is

equally important for skin hydration. Drinking at least seven glasses of water daily helps keep your skin hydrated. Incorporating a balanced diet rich in vitamins, omega-3 fatty acids, antioxidants, vegetables, nuts, and fatty fish nourishes your skin from within. Getting adequate sleep is crucial, aiming for 7 to 9 hours of quality sleep per night to allow your skin to repair and regenerate, preventing dryness and dullness.

Understanding the causes of dehydrated skin is essential for proper care. Dr. Charanya Jayakumar of Soul Skin Clinic highlights that dehydrated skin can result from various factors such as weather, air conditioning, heating systems, sleep deprivation, hot showers, pollution, and lifestyle changes. Fortunately, dehydrated skin is a treatable condition rather than a permanent skin type. By implementing a comprehensive skincare strategy that addresses both internal and external factors, you can maintain hydrated, healthy, and glowing skin.





O

besity.

By Pavel Chamabe

Obesity is a medical condition characterized by an excessive accumulation of body fat, posing a serious health risk. It is defined by a body mass index (BMI) of 30 or more. Today, obesity is recognized as one of the most urgent public health challenges globally, affecting millions of people of all ages and backgrounds.

Causes of Obesity

The causes of obesity are multiple and complex. They include genetic, environmental, and behavioral factors. Genetic predisposition plays an important role, influencing metabolism and how the body stores fat. The modern environment, with easy access to calorie-dense, nutrient-poor foods, and a sedentary lifestyle, largely contributes to rising obesity rates. Additionally, psychological factors such as stress and depression can also lead to overeating.

Health Consequences

Obesity is associated with a wide range of health complications. It increases the risk of cardiovascular diseases,

including hypertension and coronary artery disease. Type 2 diabetes is also strongly linked to excess weight. Moreover, obesity can cause musculoskeletal disorders such as arthritis and increase the risk of certain cancers, including breast, colon, and endometrial cancers. Obese individuals may also suffer from sleep apnea and respiratory problems.

Prevention and Treatment Strategies

The prevention and treatment of obesity require a multidisciplinary approach. A balanced diet rich in fruits, vegetables, lean proteins, and whole grains, combined with regular physical activity, is essential. Behavioral interventions, such as cognitive therapy, can help modify eating habits and manage emotional triggers. In severe cases, medical or surgical treatments, such as bariatric surgery, may be necessary.

Obesity is a complex global epidemic that requires interventions at multiple levels, including prevention, education, and medical treatment. A coordinated and sustained approach is essential to combat this public health issue and improve the quality of life for affected individuals.

Infusion Pumps:

Ensuring Precision in Medication Delivery.

By Gloria Addo

Infusion pumps are life-saving medical devices used by millions of healthcare professionals to deliver fluids, such as nutrients and medications, into a patient's body in controlled amounts.

The pump is also useful for giving blood transfusions and delivering both short- and long-term doses of medication. They are frequently used in hospitals and assisted living facilities to give chemotherapy medications, painkillers, or antibiotics. Patients unable to eat on their own are also fed by infusion pumps in a flexible tubing that attaches the pump to the patient's vein or artery under regulated conditions.

An infusion pump, when used by a skilled operator, has benefits over manual administration, including accurate rate and duration programming and tiny volume delivery. Nutrients and pharmaceuticals such as insulin, antibiotics, chemotherapeutic treatments, and analgesics can be administered via infusion pumps.

Large volume, syringe, insulin, elastomeric, enteral, and patient-controlled analgesia (PCA) pumps are only a few of the several kinds of infusion pumps available. Some are primarily made to be used immobile beside a patient's bedside. Others are made to be worn or portable and are referred to as ambulatory infusion pumps.

The safety of patients can be greatly impacted by infusion pump malfunctions hence many pumps have safety mechanisms built in to notify users when an issue arises, like operator alerts or alarms. Modern models frequently employ smart pumps, which notify users when parameters are set beyond safety limits or when there is a chance of negative drug interactions.

When used to administer intramuscular injections of nutrition or drugs, these pumps raise standards of care by ensuring greater precision and uniformity while being utilised for pain management.

Infusion pumps are very important to health facilities as it can be used primarily used to administer medications when there is no other way of administering medication or food to a patient.





Green Beans

Tuna Salad.

By Yosua Domedjui,



Green beans are a nutritious and versatile vegetable, rich in vitamins A, C, and K, and packed with dietary fiber and antioxidants. They are easy to include in various dishes, such as the classic Niçoise salad.

Ingredients:

- 4 Ripe tomatoes ■ 1 cucumber ■ 1 green bell pepper ■ Red onion ■ 150g of green beans ■ 4 hard-boiled eggs
- 200g of new potatoes ■ 1 can of quality tuna ■ 6 anchovy fillets ■ A handful of Niçoise black olives
- A few capers (optional) ■ Lettuce leaves (optional) ■ Extra virgin olive oil ■ Red wine vinegar ■ Salt and pepper

Preparation:

1. Wash and cut the tomatoes, cucumber, and bell pepper; slice the red onion.
2. Blanch the green beans for 3 minutes, then cool them in ice water.
3. Cook the potatoes until tender, then cut into pieces.
4. Boil the eggs, cool, peel, and quarter them.
5. Assemble the salad with a base of lettuce (if using), followed by the vegetables, tuna, anchovies, olives, and capers.
6. Drizzle with olive oil and red wine vinegar, season with salt and pepper, and top with quartered eggs.



Skipping: A Simple Exercise with Powerful Results.

By Mavis Essaba Mensah

Skipping, often regarded as a childhood pastime, is rapidly gaining recognition as a potent and efficient exercise with substantial health benefits. This seemingly simple activity offers a variety of advantages that can significantly enhance physical fitness and overall well-being.

A Cardiovascular Powerhouse

One of the most notable benefits of skipping is its cardiovascular impact. This high-intensity exercise boosts heart rate, improving cardiovascular endurance and efficiency. Just a few minutes of skipping can provide a cardiovascular workout comparable to longer sessions of running or cycling. Regular practice enhances heart health, reduces the risk of heart disease, and helps in maintaining a healthy weight.



Enhanced Coordination and Agility

Skipping requires precise coordination between the hands and feet, which improves motor skills and agility. This rhythmic movement helps in refining balance and spatial awareness. For athletes, this increased coordination can translate into better performance in sports that require quick, precise movements.

Effective Calorie Burner

Skipping is an excellent way to burn calories and manage weight. In fact, it can burn up to 10 calories per minute, depending on intensity and body weight. Its effectiveness as a calorie-burning exercise makes it a valuable tool in weight management and overall fitness routines.

Strengthening Muscles

While skipping primarily targets cardiovascular health, it also engages various muscle groups. The activity strengthens the muscles of the legs, core, and arms. The repeated action of jumping and landing builds lower body strength, enhances core stability, and tones the upper body, contributing to a more balanced physique.

In conclusion, skipping is more than just a playful activity; it is a powerful exercise with numerous health benefits. Its ability to enhance cardiovascular fitness, coordination, muscle strength, and bone density, while also contributing to mental health, makes it a valuable addition to any exercise routine. So, pick up a jump rope and start skipping your way to better health.



The importance of Check-Ups.

By Pavel Chamabe

Regular health checks play a crucial role in maintaining overall well-being and detecting potential health issues early. Here's why they are important:

Firstly, health checks serve as preventive measures, identifying risk factors before they develop into serious conditions. Routine screenings for blood pressure, cholesterol levels, and blood glucose help in early detection of hypertension, hyperlipidemia, and diabetes, allowing for timely intervention and lifestyle modifications to prevent complications.

Secondly, health checks enable early detection of diseases when they are most treatable. Screening tests such as mammograms for breast cancer, Pap smears for cervical cancer, and colonoscopies for colorectal cancer can detect abnormalities at early stages, significantly improving treatment outcomes and survival rates.

Moreover, regular health checks promote proactive management of chronic conditions. For individuals with conditions like asthma, heart disease, or diabetes, regular monitoring of symptoms and health parameters allows healthcare providers to adjust treatment plans and prevent exacerbations or complications.

Furthermore, health checks empower individuals to take charge of their own health. By understanding their current health status through tests and screenings, people can make informed decisions about

lifestyle changes, such as adopting healthier diets, increasing physical activity, quitting smoking, or managing stress.

Lastly, health checks contribute to healthcare cost-effectiveness by reducing the need for emergency care and hospitalizations associated with undiagnosed or poorly managed conditions. Early detection and intervention not only improve health outcomes but also reduce healthcare expenditures in the long term.

In conclusion, regular health checks are essential for maintaining health, preventing disease, and improving quality of life. They provide an opportunity for early intervention, empower individuals to make informed health decisions, and contribute to overall healthcare efficiency. Embracing a proactive approach to health through regular screenings and check-ups is a wise investment in one's well-being and longevity.

The Impact of Family Time on Health and Well-Being.

By Mavis Essaba Mensch

In today's fast-paced world, the importance of family time often gets overlooked amidst busy schedules and individual commitments. However, spending quality time together as a family has profound benefits for both physical and emotional health, making it a vital component of a balanced lifestyle.

Physical Health Benefits: Family time contributes significantly to physical health. Engaging in activities together, such as playing sports, hiking, or simply walking, encourages a more active lifestyle. Regular physical activity is crucial for maintaining a healthy weight, improving cardiovascular health, and boosting overall fitness. When families prioritize exercise together, they are more likely to stick with healthy habits

and set a positive example for children.

Emotional and Social Well-being: Spending time with family strengthens emotional bonds and fosters a supportive environment. Regular family interactions provide opportunities for open communication, which can help reduce stress and anxiety. These interactions create a sense of security and belonging, enhancing overall emotional well-being. For children and adolescents, strong family connections are linked to better self-esteem and lower rates of depression.

Cognitive and Behavioral Development: Family time also plays a crucial role in cognitive and behavioral development. Shared activities stimulate learning and creativity. Playing games, solving puzzles, or engaging in discussions together can enhance problem-solving skills and critical thinking. Additionally, the structure and consistency of regular family time contribute to better behavior and social skills, as children learn from the positive examples set by their parents.

Encouraging Healthy Habits: Making time for family activities requires intention and effort, but the benefits are substantial. Family time provides opportunities to model and reinforce healthy behaviors, such as regular physical activity and balanced living. By prioritizing these moments together, families can establish a foundation for lifelong wellness and foster a supportive environment that promotes overall health.

In conclusion, prioritizing family time is essential for both physical and emotional health. By engaging in shared activities and maintaining strong connections, families can enhance their well-being and create a positive environment for growth and development.



Inguinal Hernia: Explanation and Treatments.

By Pavel Chamabe

An inguinal hernia is a hole in the abdominal muscle wall at the groin level. It is one of the most common types of hernias, especially among men. According to Dr. Stéphane Servajean, a specialist in obesity surgery, this condition requires surgical intervention for proper treatment.

Understanding Inguinal Hernia

The hole in the abdominal muscle wall allows the peritoneum, which surrounds the intestines, to protrude through the opening. Sometimes, a portion of the intestines can also pass through and become "strangled" within the hole, leading to severe complications if left untreated.

Surgical Treatment

According to Dr. Stéphane, the treatment for an inguinal hernia is surgical and aims to close the hole in the muscle wall. Here are the main methods:

1. Raphy

- This involves sewing the muscle wall to close the hole. However, this method is rarely used in adults due to a high recurrence rate, ranging from 20% to 40% over 10 years.

2. Prosthetic Reinforcement

- This technique involves reinforcing the muscle wall with a synthetic material prosthesis, resembling a thin veil. The recurrence rate with this method is much lower, about 2% over 10 years.

Surgical Techniques

To treat an inguinal hernia, two main surgical approaches are possible:

1. Open Surgery

- An incision of about 7 cm is made in the groin area to access and repair the hernia.

2. Laparoscopy (or Video Surgery)

- This minimally invasive technique requires three small incisions ranging from 5 mm to 12 mm. It allows for faster recovery and less post-operative pain. However, certain conditions must be met for laparoscopy to be feasible, and it is not always possible.

Inguinal hernia is a common condition, especially among men, that requires surgical intervention to avoid complications. The choice of surgical technique depends on many factors, including patient preferences and surgeon recommendations. Dr. Stéphane Servajean, with his expertise in obesity surgery, emphasizes the importance of a thorough evaluation to determine the best approach for each patient.

Managing Stress Through Daily Mindfulness Practices.

By Prince Opoku Dogbey

In our fast-paced world, managing stress effectively is essential for maintaining both mental and emotional well-being. Mindfulness practices have gained recognition for their role in reducing stress and promoting overall health. Incorporating techniques such as meditation, deep breathing exercises, and journaling into daily life can offer significant benefits.

Meditation is one of the most widely known mindfulness practices. This technique involves focusing the mind on a specific object, thought, or activity to achieve a state of calm and clarity. Regular meditation, even for just a few minutes each day, can help reduce stress by calming the mind, improving concentration, and fostering a greater sense of presence. Techniques such as guided meditation, where a practitioner is led through a series of calming instructions, can be especially beneficial for beginners.

Deep breathing exercises are another effective method for stress management. These exercises involve deliberately slowing down the breath and focusing on each inhale and exhale. Simple techniques, such as diaphragmatic breathing or the 4-7-8 method (inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds),

can help activate the body's relaxation response. Deep breathing lowers cortisol levels, the hormone associated with stress, and promotes a sense of calm and relaxation.

Journaling is a reflective practice that can also contribute to stress reduction. By writing down thoughts and feelings, individuals can process and make sense of their emotions. Journaling provides a safe space to explore worries, track progress, and set goals. It helps in organizing thoughts, gaining perspective, and identifying stressors. Regularly engaging in journaling can lead to a greater understanding of one's stress triggers and effective coping strategies.

Incorporating these mindfulness practices into daily routines can significantly enhance one's ability to manage stress. By setting aside time for meditation, practicing deep breathing exercises, and maintaining a journaling habit, individuals can cultivate a more mindful approach to daily challenges. These practices not only help in reducing immediate stress but also contribute to long-term mental and emotional resilience. Embracing mindfulness can lead to a more balanced and fulfilling life, helping individuals navigate stress with greater ease and confidence.





Maintaining A Healthy Body Weight.

By Gloria Addo

Did you know that by maintaining a healthy weight, one can be protected against diseases, especially in those with a family history of diabetes, heart problems, or high blood pressure?

The factors that affect weight include genetics, age, gender, lifestyle, culture, sleep patterns, and geography.

Lifestyle habits that may lead to weight gain include eating or drinking a lot of foods that are high in calories, sugar, and fat, and spending a lot of time sitting or lying down. Over time, if you continue to take in more calories than you use, you are likely gain weight.

A key aspect of healthy aging is maintaining a normal weight range which is most easily achieved through a good diet and regular exercise. High body mass index (BMI) in older individuals increases the risk of health issues, while underweight individuals also have a higher risk. Low BMI increases the risk of osteoporosis and anaemia, and makes recovery from infections or illnesses more challenging.

Your body should always be in a healthy weight as it helps your body circulates blood more efficiently, easier to control your fluid levels, and lowers risk of developing osteoarthritis, gallstones, diabetes, heart disease, sleep apnea, and breathing issues.

Maintaining a healthy weight is essential for enhancing sleep quality and preventing illnesses. You may feel better about yourself and have more energy to make other positive health changes when your body is in a healthy body weight.

Seek out alternative, healthier coping mechanisms for life's stressors than overindulging in food or turning into a couch potato. Keep in mind that a slip or setback does not indicate failure what is important is being able to resume your path. Go for a stroll, have a conversation with a friend, or assist someone else. Just keep trying for it is worth it to maintain a healthy body weight!



Why Overhydration can lead to Water Poisoning.

By Chance Iradukunda

Additionally, individuals with underlying medical conditions, such as heart or liver disease, are more susceptible to water poisoning. It is essential to be aware of these risks and drink water in moderation to avoid this potentially dangerous condition

While drinking enough water is essential, excessive water consumption can be harmful.

It is crucial to be aware of the risks of water poisoning and to drink water in moderation. The general recommendation is to drink eight to ten glasses of water per day, but this can vary depending on individual needs and activity levels. Remember, it is always better to err on the side of caution and consult a healthcare professional if you have any concerns.



Drinking enough water is essential for our bodies, but overhydration can be harmful. Water poisoning, also known as hyponatremia, occurs when the body takes in more water than it can process, causing an imbalance of electrolytes in the body. Water poisoning, or hyponatremia, occurs when excessive water consumption dilutes sodium levels in the blood, leading to potentially life-threatening complications.

Disadvantages of Excessive Water Consumption

1. Water Poisoning (Hyponatremia): Drinking too much water can lead to a dilution of sodium levels in the blood, causing swelling of brain and potentially life-threatening complications.

2. Overload on Kidneys: Excessive water consumption can put a strain on the kidneys, leading to fatigue and damage.

3. Bloating and Discomfort: Drinking too much water can lead to bloating, discomfort, and stomach pain.

4. Electrolyte Imbalance: Water intoxication can cause an imbalance of electrolytes, leading to muscle cramps, weakness, and heart problems.

5. Nausea and Vomiting: Excessive water consumption can lead to nausea and vomiting, especially in individuals with sensitive stomachs.

Risks include seizures, coma, permanent brain damage, memory loss, cognitive impairment, mood changes, heart arrhythmias, high blood pressure, and cardiac arrest. In severe cases, water poisoning can be fatal. The risk of water poisoning increases with excessive fluid intake during endurance sports, activities in hot weather, and psychological disorders that involve compulsive water drinking.



Medical Jargons

Auscultation: This is a technique used by doctors to listen to the internal sounds of a patient's body, such as the heartbeat, lung sounds, and bowel movements. It is usually done with a stethoscope, which helps amplify these sounds. Auscultation can help diagnose various conditions, like heart murmurs, lung infections, and gastrointestinal issues.

Scleroderma: This is a chronic (long-lasting) disease that affects the connective tissues in the body. It is considered an autoimmune disease because the body's immune system mistakenly attacks its own tissues. Scleroderma leads to hardening and tightening of the skin and other connective tissues, which can cause problems with movement and function. It can also affect internal organs such as the lungs, heart, and kidneys, leading to serious complications.

Urticaria: Commonly known as hives, urticaria is a skin condition characterized by red, raised, itchy bumps that appear on the skin. These bumps can vary in size and can appear anywhere on the body. They are often caused by an allergic reaction to food, medication, or other allergens. Stress, infections, or other illnesses can also trigger hives. The condition can be acute (short-term) or chronic (long-term).

Xerostomia: This term refers to a dry mouth condition that occurs when the salivary glands do not produce enough saliva. Saliva is important for keeping the mouth moist, aiding in digestion, and preventing tooth decay and infections. Xerostomia can result from various causes, including certain medications, medical treatments like radiation therapy, and health conditions such as diabetes or Sjögren's syndrome. It can lead to difficulties in speaking, eating, and swallowing, as well as increased dental problems.

Myalgia: This is a term for muscle pain or soreness. Myalgia can occur in any muscle of the body and can result from various causes, such as overuse, injury, tension, or certain medical conditions like infections, autoimmune diseases, or fibromyalgia. Muscle pain can be localized to a specific area or widespread, and it can range from mild to severe, affecting a person's ability to move and perform daily activities.



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