

Health Pulse

magazine

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Resistance:**

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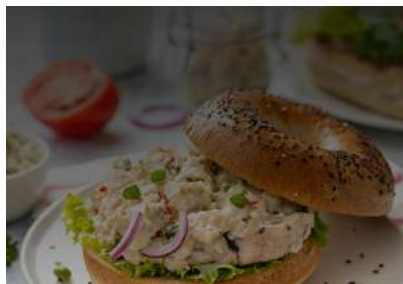
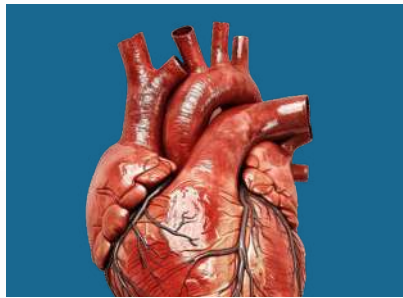
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Building your future
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HCOWAA Launches HMAEC
To Boost Sustainable Healthcare
Solutions In West Africa





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HCOWAA: Advancing Healthcare Standards in West Africa

The Health Community of West Africa Association (HCOWAA), based in Ghana, is a non-governmental organization dedicated to advancing healthcare across West Africa. Addressing the uneven distribution of medical resources, HCOWAA advocates for regional cooperation through a Health Alliance that unites healthcare stakeholders to create a cohesive health community.

With a mission to improve health outcomes in West Africa, HCOWAA facilitates collaboration, innovation, and research among professionals, leveraging collective resources to enhance healthcare services, policies, and access. HCOWAA envisions a resilient West African healthcare system where institutions and professionals lead groundbreaking research, foster innovation, and influence policies that elevate regional healthcare.

Through initiatives like establishing a regional healthcare database, launching research projects, and hosting policy roundtables, HCOWAA builds strong networks to drive healthcare advancements. Advocacy efforts focus on equitable access, supporting vulnerable populations, and addressing healthcare disparities. The organization's objectives include fostering research and innovation, supporting health policy reforms, and integrating medical equipment manufacturers with healthcare facilities.

HCOWAA also facilitates training programs, academic exchanges, and research grants, ensuring members are equipped with knowledge and skills to address regional health challenges effectively. Networking events like the HCOWAA Medical and Health Industry Investment Summit & Expo connect professionals, offering a platform for partnership and knowledge sharing.

HCOWAA's commitment extends to partnerships with international health organizations and academic institutions, which amplify its impact by introducing global best practices and strengthening West African healthcare infrastructure. Collaborative efforts with international partners promote training, research, and infrastructure upgrades for health facilities, pharmaceutical establishments, and clinics.

In addition, HCOWAA's magazine partnerships, including an MoU with Health Pulse Magazine, provide platforms to publish relevant content, share insights, and enhance visibility for ongoing initiatives. Through these combined efforts, HCOWAA aims to foster a collaborative healthcare environment that not only addresses urgent health challenges but also builds a sustainable, inclusive healthcare future for West Africa.

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The Longevity Revolution: Why Living to 100 May Soon Be Normal

A century ago, living to 100 was a miracle. Today, it's becoming a scientific goal and tomorrow, it might just be the norm. Thanks to advances in medical science, technology, and our understanding of aging, we're entering what experts call the longevity revolution.

From genetic editing and regenerative medicine to AI-driven diagnostics and precision nutrition, the boundaries of human lifespan are being redrawn. Leading researchers are no longer just focused on curing disease—they're focused on slowing, stopping, or even reversing the aging process itself.

In places like Japan, Italy, and parts of the United States, "Blue Zones"—regions where people live significantly longer and healthier lives—are being studied for their secrets. The findings go beyond genetics. Strong social ties, regular movement, low-stress lifestyles, and plant-heavy diets are proving just as crucial as any pill.

Meanwhile, Silicon Valley billionaires are pouring money into age-defying biotech startups. Companies are developing senolytic drugs to

eliminate "zombie cells," creating wearable devices that track cellular aging, and even exploring organ regeneration using 3D bioprinting. The goal? Not just to extend life—but to extend healthy life.

But as the science races forward, the ethical questions grow louder. Who will have access to these technologies? Could longer life deepen inequality? And how do we balance a longer lifespan with a sustainable planet?

Still, one truth is clear: the conversation around aging is shifting. Aging is no longer viewed as an inevitable decline but as a process we can understand, influence, and perhaps one day control.

This moment calls for public engagement, policy innovation, and a redefinition of what it means to "age well." If we play it right, this revolution won't just add years to life, but life to years empowering generations to live longer, better, and with more purpose.

The Heart

The Engine of Healthy Living

By Hilda Kai Larsey

The heart is a muscular organ about the size of a clenched fist, found in the chest region. It functions as the body's pump, circulating blood through a vast network of blood vessels to deliver oxygen and nutrients to every cell, and it also plays a crucial role in the cardiovascular system. It comprises four chambers, the two atria and the two ventricles. The two atria are the upper chambers, which receive blood entering the heart, and the ventricles are the lower chambers that pump blood out of the heart.

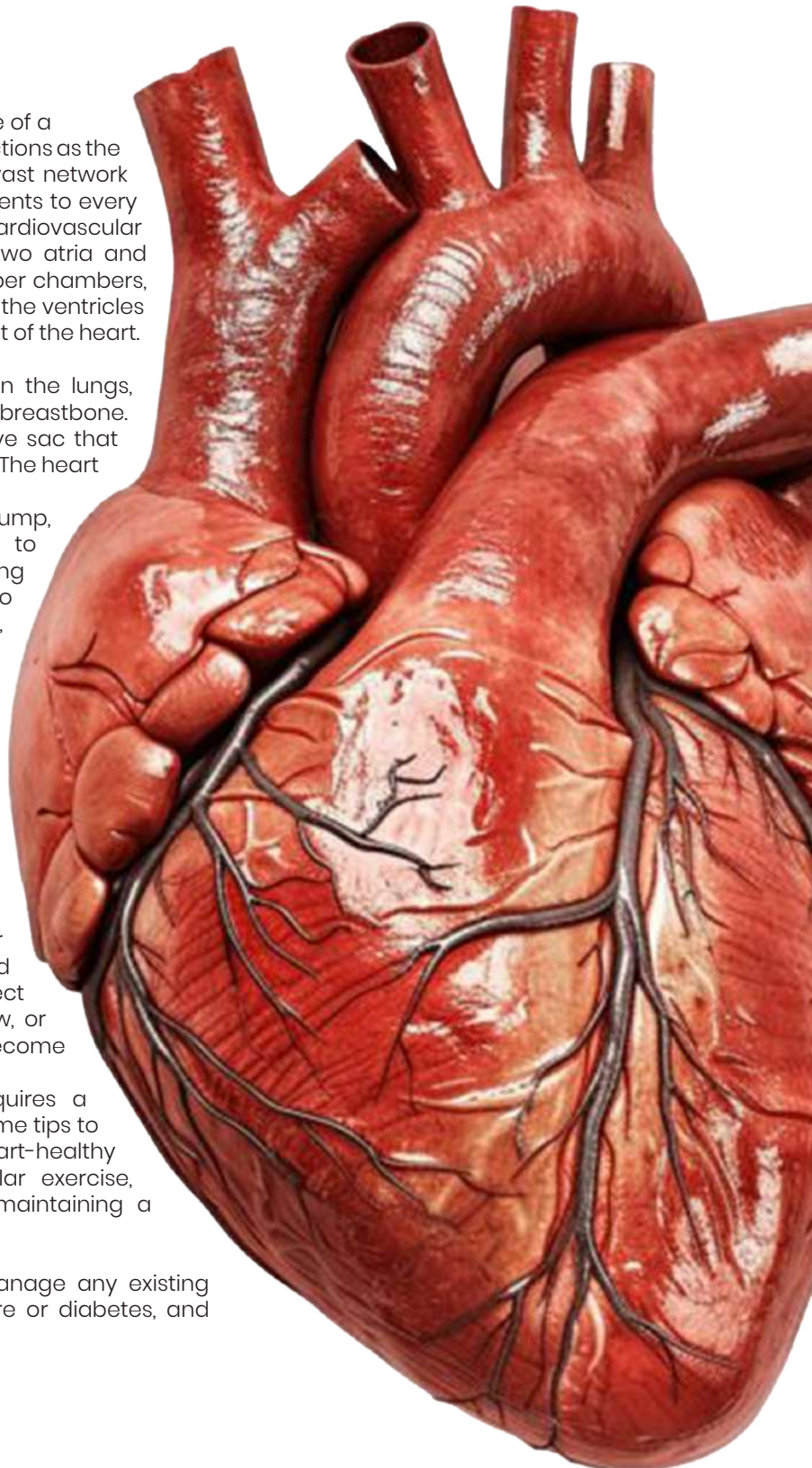
The heart is located in the chest, between the lungs, slightly to the left of center, and behind the breastbone. It sits within the pericardial sac, a protective sac that lubricates its movement and keeps it stable. The heart is also protected by the rib cage.

The heart's primary function is to act as a pump, circulating blood throughout the body to deliver oxygen and nutrients while removing waste products like carbon dioxide. It also regulates blood pressure and heart rate, ensuring proper circulation. The heart's four chambers and valves work together to maintain a one-way flow of blood, preventing backflow.

The heart is divided into four chambers. Heart diseases attack various parts of the heart, including the arteries (coronary artery disease), the valves (valvular heart disease), and the heart muscle itself (cardiomyopathy). Coronary artery disease, the most common type, affects the larger coronary arteries, leading to blockages and reduced blood flow. Other diseases can affect the valves, causing them to leak or narrow, or the heart muscle, causing it to weaken or become enlarged.

The heart is a complex organ that requires a combination of lifestyle factors. Here are some tips to help prevent a heart attack: focus on a heart-healthy lifestyle, including a balanced diet, regular exercise, quitting smoking, managing stress, and maintaining a healthy weight.

Additionally, get regular checkups and manage any existing medical conditions like high blood pressure or diabetes, and prioritize quality sleep.





HCOWAA Launches HMAEC To Boost Sustainable Healthcare Solutions In West Africa

The Health Community of West Africa (HCOWAA) marked a significant milestone on May 12th, 2025, with the official launch of the HCOWAA Medical and Academic Exchange Committee. Held at the prestigious Korle Bu Teaching Hospital, specifically the Obstetrics and Gynecology Conference Hall.

This landmark event convened leading medical experts, researchers, and stakeholders to foster collaboration, knowledge sharing, and innovation in West African healthcare.

On Behalf of Professor Samuel Kaba Akoriyea – Director General, Ghana Health Service, Dr. Lawrence Ofori Boadu, Director of Clinical Service, Ghana Health Service gave a welcome address.

Dr. Yang Yongguang, a Chief Physician, and the captain of the 14th Batch of the Chinese Medical Team to Ghana pointed out China's advancements in medical technology and proposed strengthening academic exchange activities and establishing a long-term cooperation mechanism to enhance

China-Ghana medical cooperation during his speech.

"Let us work together to strengthen China-Ghana academic exchanges with a more open mind and more pragmatic actions, enhancing communication and cooperation between our medical personnel, and making greater contributions to the health and well-being of our people." Dr. Yang Yongguang stated.

Mr. Yusuf Yakubu Tubor, the registrar of the Traditional Medicine Practice Council, underlined that bridging borders through academic collaboration and knowledge sharing can transform West Africa's healthcare landscape by integrating traditional and modern medicine.

By fostering collective action, promoting innovation, and respecting traditional wisdom and scientific rigor, West Africa can create a unified, accessible and scientifically robust healthcare ecosystem.



“Joining the Health Community of West Africa Association allows you to collaborate with leading experts, access cutting-edge innovations, influence regional health policies, and enhance your skills through workshops and academic exchanges, ultimately advancing healthcare in West Africa.” The Vice President of HCOWAA, Mr. Prince Opoku Dogbey said.

He further stated that, the committee aims to facilitate faculty and student exchanges, joint research and capacity building, promote a two-way street of knowledge sharing between West Africa and the world, and empower health professionals to become creators of knowledge and solutions.

The HCOWAA Medical and Academic Exchange Committee was officially inaugurated under the leadership of Dr. Lawrence Ofori Boadu, Director of Clinical Service, Ghana Health Service representing Professor Samuel Kaba Akoriyea – Director General, Ghana Health Service

The committee’s leadership structure comprises:

1. Executive Chairman – Dr. Yang Yongguang
2. Chairperson – Prof. Samuel Kaba Akoriyea
3. General Secretary – Believe Domor
4. Director for Education and Training – Dr. Mensah Kwei Benjamin
5. Academic Exchange Advisor – Prof. Samuel Debrah

6. Director for Traditional and Complementary Medicine – Dr. Yusuf Yakubu Tubor

The committee consists of a total of 40 esteemed members from China and Ghana, bringing together expertise and experience from various fields to drive medical and academic excellence in the region. The inauguration ceremony climaxed in the recital of a pledge by members, solidifying their commitment to the committee’s mission and objectives

The HCOWAA Medical and Academic Exchange Committee’s launch event concluded with a thought-provoking panel discussion on the committee’s objectives and promoting academic and medical collaboration in West Africa, followed by a networking session that facilitated meaningful connections among attendees.

As the Health Community of West Africa Association continues to foster collaboration among medical professionals and institutions, we remain committed to our mission of improving healthcare outcomes in the region. Through knowledge sharing, innovation, and partnership, we strive to create a healthier West Africa.



Family Planning:

Building Your Future on Purpose, Not by Accident

By Priscilla Akorfa Fomevor

Family planning is the process of controlling the number of children in a family and the intervals between their births. It is an essential aspect of reproductive health, enabling individuals and couples to make informed decisions about their family size, spacing and timing.

Now imagine doing all that while sleep-deprived with a newborn who thinks 3 a.m. is party time. Stressful, right? That's where planning steps in. It's not some cold, clinical spreadsheet move. It's saying, "Hey, let's make sure we are ready—emotionally, financially even physically—before we dive into parenthood."

And it's not just about parents. Kids thrive when they're not competing for scraps of attention. Think about it: when you're not stretched thinner than dollar-store plastic wrap, you can actually be there. Soccer games, bedtime stories, the whole messy magic of it.

Every family shape their journey by their personal values, cultural traditions and financial realities. Through open conversations about priorities—whether tied to career ambitions, faith, or economic planning—they align their goals with practical steps and build a support network of loved ones, community programs. But here's the thing—nobody's saying there's one right way. Maybe your version of planning means leaning on grandma for childcare while you finish your apprenticeship. Or using birth control until your partner's start-up stops eating ramen for dinner. It's messy, personal and deeply human.

Consider a parent returning to school to pursue a degree, family planning makes these aspirations attainable. By aligning the number of family with personal goals, individuals reclaim time and resources to invest in education, professional development and financial stability. This balance improves not just economic stability but also a sense of empowerment, allowing families to excel rather than merely survive.

The options can feel overwhelming—pills, IUDs, fertility apps, etc. But here's the kicker: you don't have to figure it out alone. Life isn't a sprint. It's okay to pause, pivot and ask, Is this our time? Whether you're knee-deep in baby fever or still building your career runway, planning enables you write your family's story—not just let it happen to you.





The Health Community of West Africa Association Hosts its 7th Seminar on AI Supply

On May 9, 2025, the Health Community of West Africa Association (HCOWAA) hosted the AI SUPPLY seminar on “The Deployment Framework and Application Standards of Medical Supply Systems for Medicines, Reagents, Consumables, etc” at their headquarters, La Trade Fair. The seminar explored the transformative potential of Artificial Intelligence (AI) in healthcare logistics, highlighting its role in enhancing efficiency, improving patient outcomes and streamlining medical supply chains. With presentations from renowned experts, the seminar provided a platform for knowledge sharing, networking and collaboration, ultimately aiming to transform healthcare logistics in West Africa.

Mr. Prince Opoku Dogbey, the Vice President of HCOWAA in his welcome address highlighted that Ghana's healthcare system can be revolutionized through AI-driven medical supply systems, enhancing disease surveillance, response times and saving lives. “This seminar represents a key milestone in our collective journey. Together with experts, policymakers, and thought leaders from across public health, academia, and the tech industry, we will explore practical and scalable approaches for integrating AI into the core operations of national Centres for Disease Control and medical supply systems.” He stated.

According to Gloria Morrison during her presentation on ISCM's comprehensive solution for global medical supply, Clinical Decision Support Systems (CDSS) utilize expert system design principles and clinical knowledge bases to simulate medical experts' decision-making processes, thereby providing healthcare professionals with sophisticated decision support for diagnosis, treatment planning, nursing care, surgical interventions, and rational pharmacotherapy, ultimately enhancing the quality and efficacy of patient care.

Mr. Joseph Opoku Mensah, a lecturer at the University of Media, Arts and Communications (UNIMAC-IJ) emphasized that, the future of healthcare logistics

is digital, data-driven and powered by AI, embracing these technologies is crucial to avoid being left behind and to lead with innovation, as evident in his statement: “Embrace AI or risk being left behind. The future of healthcare logistics is now—adapt, innovate and lead with technology.

In a further insight, Public Health Physician, AI Scientist and Innovator, Dr. George Henry Acquah highlighted that integrating Artificial Intelligence (AI) into medical supply chains is essential for transforming healthcare logistics, enhancing efficiency, and improving patient outcomes, and stakeholders must invest in scalable AI technologies, enforce international standards, adopt phased deployment strategies, and encourage cross-sector partnerships to realize its full benefits.

“AI can improve multiple aspects of Ghana's medical supply chains. For example, machine learning can more accurately forecast demand and optimize inventory, while autonomous delivery and digital tracking can streamline distribution. These capabilities can increase productivity and prevent stock-outs. Imagine a system or program that can perceive its environment, make decisions and take actions to achieve specific goals often autonomously or semi-autonomously.” Mr. Emmanuel Apetsi, the CEO and founder of SISU AI stated. The seminar concluded with networking opportunities, fostering collaborations and knowledge sharing among attendees. Experts agree that adopting AI-driven solutions and global standards is crucial for building resilient healthcare systems and enhancing patient care. According to recent studies, AI can optimize healthcare supply chains by understanding data and automating tasks, reducing costs and waste.

The Health Community of West Africa Association aims to bring together professionals from various institutions and create a better healthcare system for Ghana and Africa at large.

Ultrasonic Health Check-Up Machine

By Adams Gyesi Latif

Ultrasound technology has revolutionized medical diagnostics, providing a non-invasive and painless way to visualize internal organs and tissues. Ultrasound health checkup machines are becoming increasingly popular for preventive care and early detection of potential health issues. Ultrasonic health check machines use ultrasonic sensors to measure various health parameters like height, weight, BMI, blood pressure, body temperature, and body composition. These machines are commonly found in hospitals, clinics, pharmacies, and gyms. Some models even support coin-operated or IC card login methods for easy access.

How Does It Work?

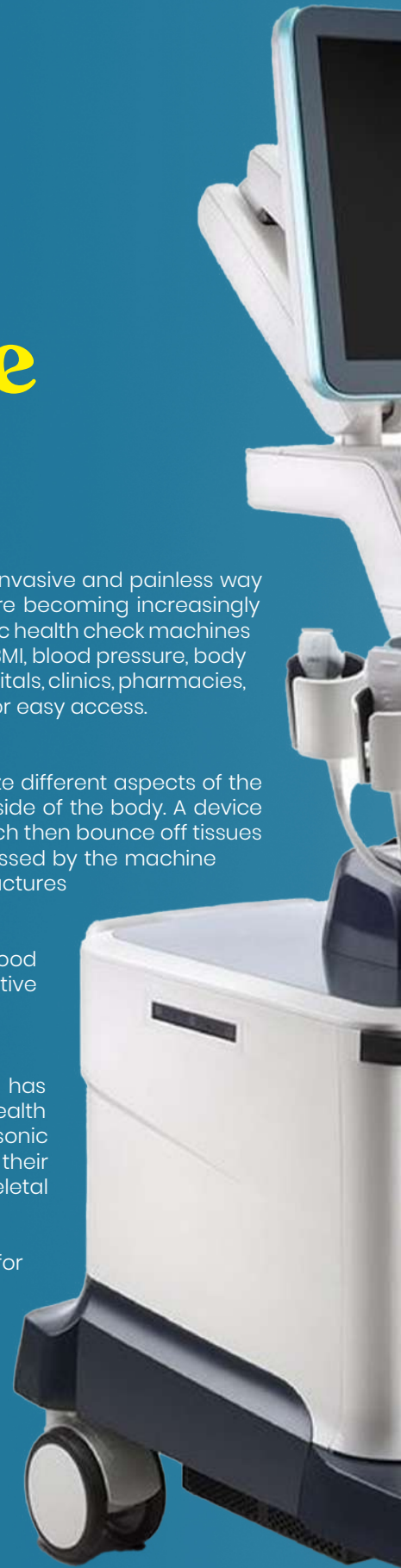
Ultrasonic health checkups use high-frequency sound waves to scan and analyze different aspects of the body. It works by using high-frequency sound waves to create images of the inside of the body. A device called a transducer is placed on the skin; it sends sound waves into the body, which then bounce off tissues and organs. These returning echoes are picked up by the transducer and processed by the machine to produce real-time images on a screen. This allows doctors to see internal structures without using radiation or making any incisions.

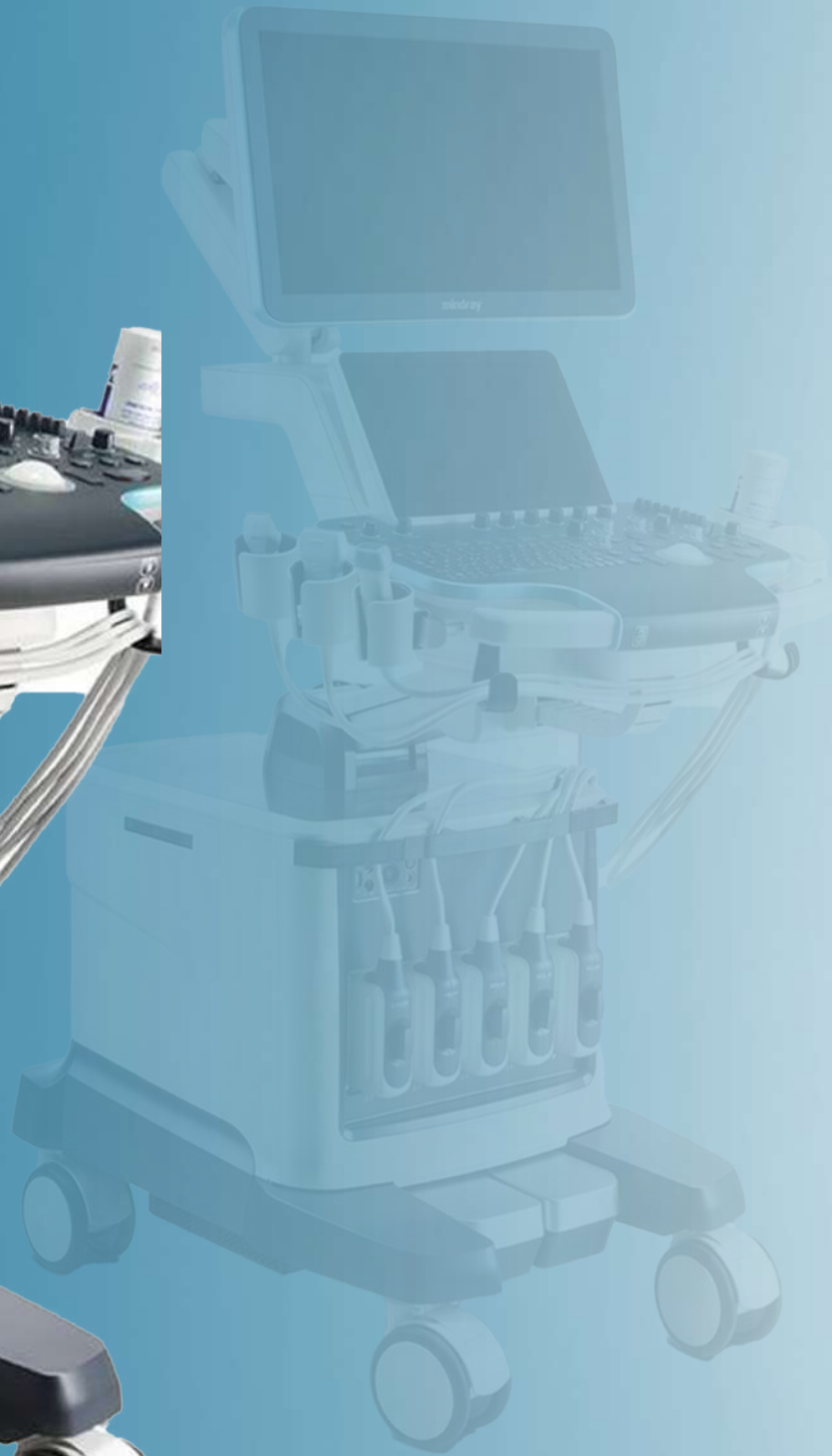
Ultrasonic health checkup machine is commonly used to examine the BMI, Blood pressure, and it can sometimes be used to examine abdominal organs, reproductive organs, blood flow and soft tissues, and muscles.

Benefits Of The Ultrasonic Health Checkup Machine.

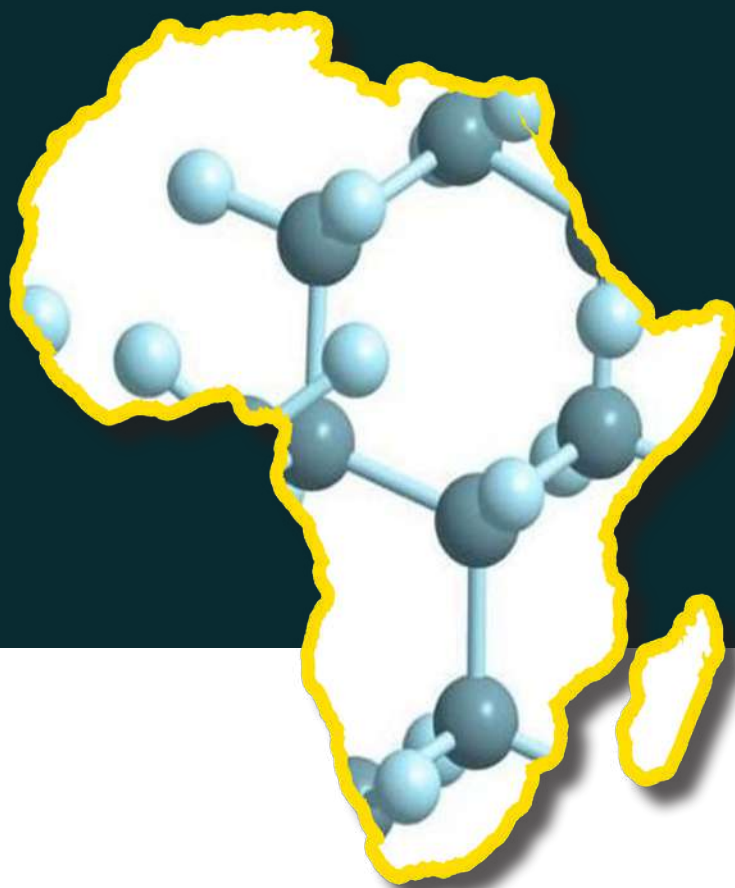
Ultrasonic health checkup machine offers numerous benefits, which is why it has emerged as one of the most effective tools for the diagnosis of various health conditions and subsequent treatment of them. In general health check-ups, ultrasonic machines help: detect potential health issues early, offer painless checkups, and their application ranges from obstetrics to cardiology, urology, and even musculoskeletal assessments, showcasing their adaptability across different medical fields.

In conclusion, ultrasound health checkup machines offer a valuable tool for preventive care and early detection of potential health issues. By leveraging this technology, individuals can take proactive steps towards maintaining their health and well-being.





Africa Builds Momentum to Scale Production of Monoclonal Antibodies



African manufacturers, governments, global partners, investors, and health leaders recently gathered in Abu Dhabi for a pivotal workshop aimed at strengthening Africa's capacity to produce its own health products—ranging from vaccines and diagnostics to life-saving medicines. The event also served as the ideal platform for IAVI and Africa CDC to convene the second workshop in their joint monoclonal antibodies (mAbs) series. This session focused on how Africa can build a more sustainable supply and demand ecosystem for mAbs.

Held in April 2025 on the sidelines of the World Local Production Forum (WLPF), the workshop titled Advancing a Sustainable Supply and Demand Ecosystem for mAbs in Africa, explored how African manufacturers can scale up local production of mAbs. It also tackled crucial policy, financing, and partnership questions to unlock regional manufacturing potential. This event marked the second in a two-part workshop series co-hosted by IAVI and Africa CDC, with support from Wellcome and Unitaid. The initiative is part of a broader Memorandum of Understanding between IAVI and Africa CDC, aiming to align new technologies like mAbs with Africa's public health priorities.

The first workshop, held in Lusaka in 2023 alongside the Africa CDC's Conference on Public Health in Africa (CPHIA), focused on identifying priority health areas where mAbs could have the most impact. Insights from that meeting were compiled into the report Advancing Access to Monoclonal Antibodies in Africa: Setting Priorities, Assessing Feasibility, and Enabling R&D and Manufacturing.

Monoclonal antibodies are lab-developed molecules designed to mimic natural antibodies. They are considered one of the most promising

tools in modern medicine. Widely used in high-income countries to treat cancer and autoimmune diseases, mAbs are now being explored for infectious disease prevention and treatment, including for HIV, respiratory syncytial virus (RSV), and malaria.

However, while scientific innovation has progressed, access in Africa remains limited. Barriers include high production costs, unaffordable prices, a lack of licensing in low- and middle-income countries, limited manufacturing infrastructure, and fragmented regulatory pathways. Despite these challenges, mAbs offer immense potential to address Africa's evolving disease burden—especially in maternal and child health, emerging infections, and as complements to vaccines.

Recognizing this opportunity, IAVI and Africa CDC launched a dedicated dialogue series to accelerate African-led strategies for mAbs access. The workshops build on recent research and advocacy, including the Access to Monoclonal Antibodies in Africa: A Call to Action report with Impact Global Health, and the Novel Business Models for Accessible mAbs in LMICs, which propose new ways to make these life-saving tools more affordable and sustainable across the continent.

Source—Africa-CDC



Apple Cider Vinegar:

Miracle Weight Loss Solution or Hype?

Priscilla Akorfa Fomevor

Before you stock up on vinegar gummies or start chasing water with Apple Cider Vinegar (ACV), let us understand the facts from reality.

ACV is a type of vinegar made from fermented apple cider. It's rich in acetic acid, which is believed to have potential health benefits. For centuries, it's been a kitchen essential, from preserving pickles to polishing windows. But in recent years, ACV has morphed into a weight loss ingredient, with influencers crediting it for curbing cravings, speeding up metabolism and even melting belly fat.

The question is, does science back the claim, or are we just following the crowd?

Advocates claim that apple cider vinegar works like a Swiss army knife for weight management. Some say it dulls hunger pangs, making that midday snack attack less urgent. Others may argue that it helps the body burn calories faster. But when researchers put these claims under the microscope, the results are unclear.

Studies show that during an experiment, participants who drank a tablespoon of vinegar daily noticed slight reductions in body weight and waist measurements over 12 weeks. Another found it might help stabilize blood sugar after meals, which could indirectly influence cravings. But let's be clear: These changes were subtle, and many studies lacked rigor—think small sample sizes, short time frames or reliance on self-reported data.

So why does the myth persist? Part of its appeal lies in simplicity. Weight loss is hard, and the idea of a single, accessible ingredient offering a shortcut is seductive. It's easier to imagine a daily vinegar ritual than to overhaul eating habits or commit to regular exercise. Social media amplifies this, with before-and-after testimonials that feel personal, even if they're not proof.

If you enjoy apple cider vinegar—maybe drizzled on salads or stirred into tea—there's little harm in keeping it in your routine (just dilute it to protect your teeth!). Some people find its sharp flavor helps them mindfully pause before overeating or replaces higher-calorie dressings. However, expecting it to single-handedly shrink your jeans is not guaranteed.



Mental Health Month: Awareness, Action, and Hope

Adams Gyesei Latif

What Is Mental Health??

Mental health is a state of well-being in which individuals can manage life's challenges, recognize their strengths, learn effectively, perform well at work, and make meaningful contributions to society. It exists on a broad and complex spectrum, varying greatly between individuals in terms of challenges, emotional distress, and outcomes, both socially and clinically.

Mental health conditions encompass mental disorders, psychosocial disabilities, and other mental states that may cause significant emotional suffering, hinder daily functioning, or increase the risk of self-harm. Although people with mental health conditions often experience reduced well-being, this is not always the case.

Mental Health Awareness Month

May is designated as Mental Health Awareness Month to raise awareness about mental health issues, reduce stigma, and promote access to mental health resources and support. It was founded in 1949 by Mental Health America, previously known as the National Association for Mental Health. It is a month to recognize the role mental health plays in our overall well-being and the value in raising awareness and helping those in need receive treatment.

The purpose of Mental Health Awareness Month is to raise awareness about mental health conditions and the importance of mental well-being, educate the public to reduce stigma around mental illness, promote access to mental health resources, support services, encourage prevention and early intervention, helping individuals recognize signs and seek help sooner, advocate for policies that support mental health care and protect those affected by mental health issues. It's a time to support individuals living with mental health challenges and remind everyone that mental health is just as important as physical health.

Conclusion

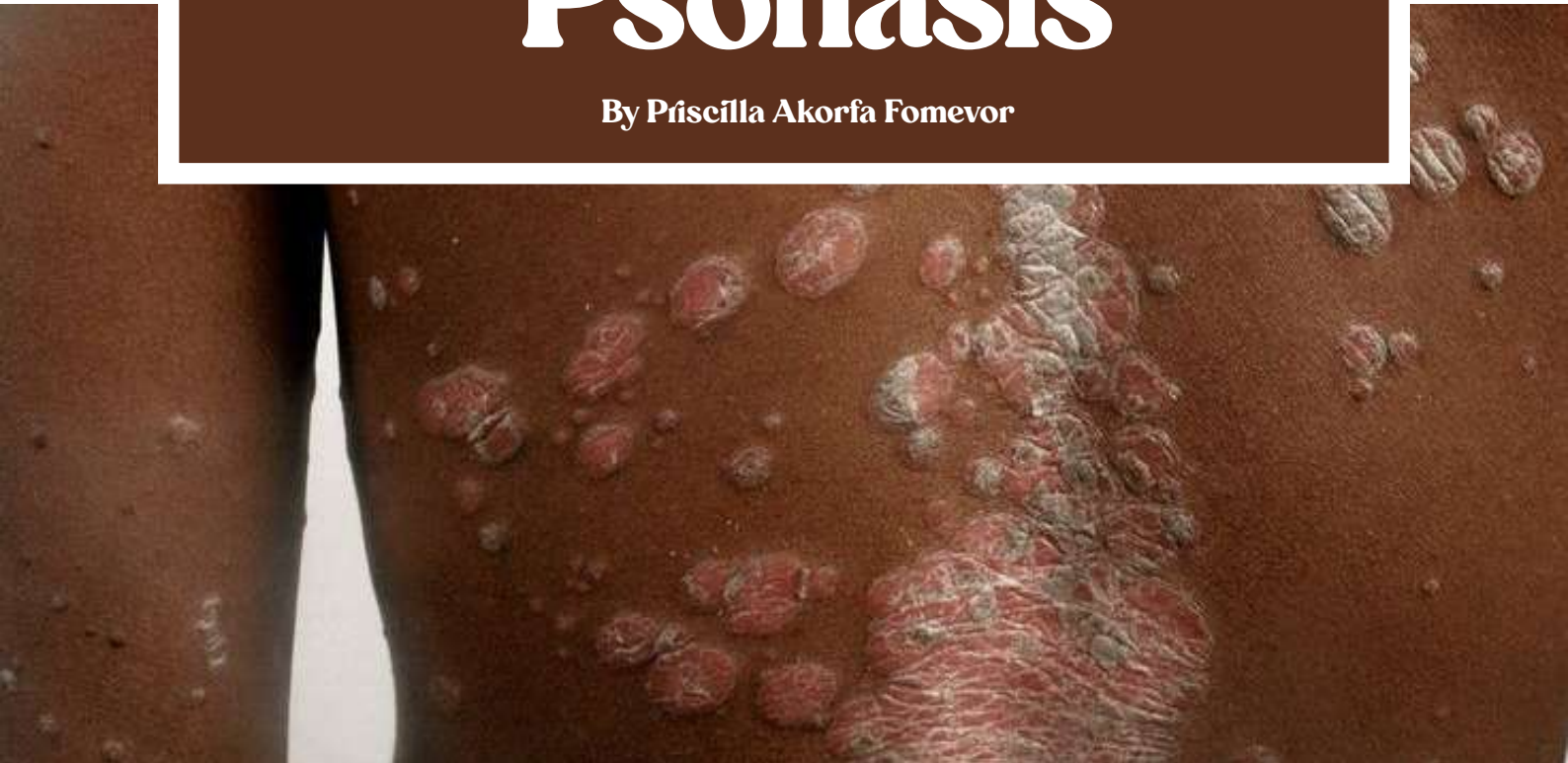
Mental Health Awareness Month is a reminder that mental health affects every part of our lives, and substance use disorder is a critical part of that conversation. By shining a light on drug and alcohol use as mental health issues, we create a more compassionate, informed, and supportive society. Together, we can break the stigma and help more people find the path to healing and hope.





Psoriasis

By Priscilla Akorfa Fomevor



Psoriasis occurs when the immune system fails, leading to increase in the growth cycle of skin cells. This rapid buildup creates inflamed, scaly patches known as plaques. These skin lesions are often characterized by red and silvery looking like flakes which can appear anywhere on the body, from elbows and knees to the scalp and nails. But psoriasis isn't just dry skin—it is linked to other health concerns such as arthritis, cardiovascular disease, and mental health challenges.

For those who live with psoriasis, their journey is often marked by stigma, isolation and the quiet burden of explaining an invisible struggle. Yet, by shedding light on this condition, we can be more empathetic towards those with this condition.

Psoriasis manifests in various forms, each with distinct characteristics and symptoms including: plaque (presents as raised, red patches with a buildup of dead cells), guttate (emerges as small, teardrop-shaped spots, often triggered by infections like strep throat), inverse (causes smooth, raw-looking lesions in skin folds around the armpits, groin and under breasts—exacerbated by friction and sweat) and pustular (features painful, pus-filled blisters, sometimes accompanied by fever or chills). Anyone living with this condition navigate a dual burden: managing physical discomfort while

confronting societal misconceptions. There is itching, burning and skin cracking that may disrupt one's sleep, clothing and daily routines. Yet the emotional toll often cuts deeper. Many faces unavoidable stares, intrusive questions or avoidance from others who wrongly assume the condition is contagious. This stigma can lead to anxiety, depression, and withdrawal from social connections.

While there's no cure yet, treatments aim to calm inflammation and slow skin cell growth like topical creams for mild cases, phototherapy using controlled UV light and systemic medications or biologics for moderate to severe psoriasis.

Breaking the stigma requires collective action. Employers can foster accommodating workplaces; schools can educate students about chronic conditions and the media can portray psoriasis authentically. Simple acts of kindness—asking, “How can I be of help?” instead of “What’s wrong with your skin?”—can transform someone’s day.

Psoriasis may leave marks on the skin, but it doesn't define the person's characteristics. By being compassionate and understanding over judgment, we create a world where everyone feels seen—scales, scars and all.

Scenes from Launch of HCOWAA Medical Academic Exchange







DR. YANG YONGGUANG

Executive Chairman of the H-MAE Committee,
Captain-14th Batch of the Chinese Medical Team to Ghana



H-MAEC to Strengthen China Africa Relations in Improving Health Care Delivery

The Health Community of West Africa Association has successfully launched its Medical and Academic Exchange Committee (H-MAEC), in a high profile event featuring distinguished personalities from China, partner agencies, academia, and health professionals at the Korle Bu Teaching Hospital in Accra.

Delivering his keynote address as Executive Chairman of the H-MAEC Committee, Dr. Yang Yongguang who is also Captain of 14th Batch of the Chinese medical team to Ghana highlighted the broader significance of the collaboration.

“With the joint efforts of the Chinese and Ghanaian governments, we are not just performing surgeries we are shaping a healthcare future grounded in shared innovation,” he said. China’s rapid advancements in minimally invasive surgery and artificial intelligence have positioned it as a leader in medical technology. By extending that expertise to Ghana, the partnership ensures that these innovations don’t remain locked within borders but are used to uplift global health systems. “Minimally invasive technology has brought good news to patients with its advantages of small trauma, fast recovery, and few complications,” Dr. Yang emphasized.

The “Minimally Invasive in Ghana, Bright Vision for the World” project, conducted at Lekma Hospital, stands as a powerful symbol of this effort. More than a clinical intervention, it is a knowledge-sharing initiative that brings the latest surgical techniques and equipment to local settings—while also fostering goodwill and public trust.

But the collaboration is not just about technology. It is about long-term institutional capacity-building. Dr. Yang proposed the establishment of a China-Ghana medical coordination group to plan joint research, conduct regular academic seminars, and drive clinical training. “Through these efforts, we aim to promote mutual learning and reference in medical knowledge and technology,” he said.

The H-MAEC platform was identified as a critical vehicle for sustaining this work. By integrating the partnership into a formal, regional framework, Ghana and China are investing in more than bilateral ties—they are setting a precedent for how emerging

economies can collaborate to solve shared health challenges.

“There is still broad room for cooperation between China and Ghana in the medical field,” Dr. Yang acknowledged, calling for expanded cross-border research in AI, ophthalmology, and traditional medicine.

This collaboration also sends a message to the global community: that cutting-edge innovation can and should be shared equitably, and that Africa is not just a recipient of aid but an active partner in scientific advancement.

H-MAEC aims to become a dynamic hub connecting universities, health institutions, researchers, and international partners. The Committee’s formation is also a deliberate response to urgent regional challenges, including brain drain, limited postgraduate training, and gaps in public health infrastructure.


This high-level launch event is not merely a formality it is a strategic milestone to reinforce the foundation for long-term regional and international academic collaboration in medicine, public health, and medical technology.

The committee headed by Professor Samuel Kaba Akoriyea – Director General of Ghana Health Service has other notable members such as Professor Samuel Kaba Akoriyea, President of the Ghana College of Physicians and Surgeons; Dr. (MH) Yakubu Tobor Yusuf – Registrar of the Traditional Medicine Practice Council, and Dr. Benjamin Kwei, Public Health Physician and Clinic Manager of Essence Clinic Medical Laboratory and Clinic

The Committee serves as a dynamic platform to bridge geographical, institutional, and cultural divides, promoting excellence in medical education, research, innovation, and policy development. The newly inaugurated committee will serve as a hub for connecting academic institutions, teaching hospitals, medical researchers, healthcare professionals, and international partners across borders.

Antimicrobial Resistance:

A Hidden Crisis Threatening Mothers and Children



Antimicrobial resistance (AMR) is no longer a distant warning—it's a present-day emergency silently altering the way we treat infections. As bacteria, viruses, and parasites become resistant to the medications once used to kill them, the world is witnessing a troubling rise in treatment failures, prolonged illness, and avoidable deaths.

But behind the statistics lies a deeper concern: women and children are among the most vulnerable. From severe infections after childbirth to drug-resistant pneumonia in newborns, AMR is turning once-manageable conditions into life-threatening challenges.

In this interview, we speak with **Dr. Simon Derry Ntansu, CEO/ Medical Director, Dr BS Services Limited** and a public health expert, to understand how AMR is undermining maternal health and child survival, and what can be done to stop it.

1. What is antimicrobial resistance (AMR), and why is it a global health threat?

AMR occurs when microorganisms—like bacteria, viruses, and fungi—evolve to withstand the drugs designed to kill them. This makes infections more difficult to treat, often resulting in longer illnesses, increased medical costs, and higher death rates. It's a global threat because resistant infections can spread rapidly across borders, challenging even the most advanced health systems and threatening the foundation of modern medicine.

2. How serious is the situation?

According to a major 2019 study, AMR is associated with 5 million deaths annually, with 1.27 million of those directly caused by resistant infections. Infections we once considered routine—such as urinary tract infections (UTIs) and pneumonia—are now harder to treat and, in some regions, even deadly.

3. What's driving AMR in clinical and community settings? Several factors contribute to the rise of resistance:

- Overprescription of antibiotics
- Failure to complete prescribed antibiotic courses
- Poor infection prevention and control in healthcare facilities
- Inadequate sanitation and access to clean water
- Use of antibiotics in agriculture and livestock
- Easy over-the-counter access to antibiotics in some countries

Dr. Simon Derry Ntansu,
CEO/ Medical Director, Dr BS Services Limited



4. How does misuse of antibiotics in humans and animals fuel resistance?

When antibiotics are taken unnecessarily—such as for viral infections—or not used correctly (wrong dosage or incomplete course), they don't kill all the bacteria. The surviving bacteria adapt and become resistant. In agriculture, routine use of antibiotics to promote growth or prevent disease in animals creates resistant strains that can be transmitted to humans through food, water, and the environment.

5. How is AMR affecting health systems globally and locally?

It significantly increases treatment failures, hospital stays, and healthcare costs. Life-saving procedures such as surgeries, chemotherapy, and organ transplants become far more dangerous without effective antibiotics. Low-resource settings are hit hardest, often lacking both access to second-line drugs and diagnostic tools to guide treatment.

6. What are the impacts on maternal health?

Pregnancy weakens the immune system, making women more susceptible to infections. If antibiotics fail, routine infections like UTIs or complications such as sepsis during childbirth can quickly become life-threatening. The postnatal period is particularly risky in settings with high AMR rates and limited treatment options.

7. What are the risks for mothers who develop infections after delivery?

Postpartum infections, especially sepsis, can become deadly in high-resistance settings. When frontline antibiotics are ineffective and alternatives are unavailable, treatment delays increase the risk of severe illness, chronic pain, infertility, and even death.

8. How does AMR contribute to child mortality?

Newborns and infants are highly vulnerable to infections like sepsis and pneumonia. In places with high AMR, first-line antibiotics may not work, and the lack of effective alternatives can mean the difference between life and death. This is a major and often overlooked driver of child mortality.

9. Are there any success stories in the fight against AMR?

Yes. Several countries have shown it's possible to curb resistance:

- Sweden and the Netherlands maintain low AMR rates through strict antibiotic policies and rigorous infection control.
- Thailand implemented a national strategy that reduced antibiotic use in livestock and raised public awareness.
- The UK's "Start Smart – Then Focus" program has improved antibiotic prescribing in hospitals significantly.

10. What role does personal behavior play in curbing AMR?

A huge role. People must:

- Complete their full antibiotic courses—even if they

feel better.

- Never use leftover antibiotics or share prescriptions.
- Avoid self-medicating.
- Only take antibiotics when prescribed by a qualified health provider.

These simple actions can help slow the spread of resistance.

11. Which drug-resistant infections pose the greatest threat to pregnant women?

Resistant strains of Group B Streptococcus, E. coli, and Klebsiella pneumoniae are especially dangerous. These pathogens can cause UTIs, bloodstream infections, and complications in newborns. When resistant to treatment, these infections can lead to poor outcomes for both mother and child.

12. Are vaccines being fully utilized in the fight against AMR?

Not nearly enough. Vaccines prevent infections from occurring in the first place, reducing the need for antibiotics. For example, the pneumococcal vaccine has significantly lowered drug-resistant infections in children. Scaling up access to vaccines—especially in low-income settings—could save countless lives and reduce AMR pressure globally.

13. Final thoughts: what message do you have for the public and health professionals?

To the public:

Only use antibiotics when prescribed. Don't pressure doctors for antibiotics to treat colds or flu. Complete your full course, never share medication, and always practice good hygiene. Get vaccinated.

To health professionals:

Prescribe antibiotics based on diagnostics, not assumptions. Educate patients on proper use. Follow infection prevention protocols and report resistance trends. Your prescribing decisions today directly influence treatment outcomes tomorrow.



Unspoken Struggles of Male Infertility

By Priscilla Akorfa Fomevor

The journey to parenthood is sometimes complicated by male infertility—a topic often shrouded in silence, yet one that plays a role in nearly half of all infertility cases. While conversations about fertility struggles tend to focus on female factors, the reality is that male contributors are just as significant. Understanding the complexities of this condition can empower individuals to seek solutions over their reproductive health.

Male infertility can result from a variety of biological and lifestyle-related factors. One common issue is low sperm count, which can stem from genetic predispositions, infections or chronic health conditions such as diabetes. There might be structural blockages in the reproductive tract often from previous surgeries, injuries or congenital abnormalities can block one's sperm from reaching ejaculation—hindering fertility.

Hormonal imbalances may complicate matters, conditions such as hypogonadism interferes with the interplay of testosterone and other hormones essential for the production of sperm. Aside biological factors, lifestyle choices like smoking, excessive alcohol intake or prolonged exposure to environmental toxins can impair fertility likewise obesity and chronic stress.

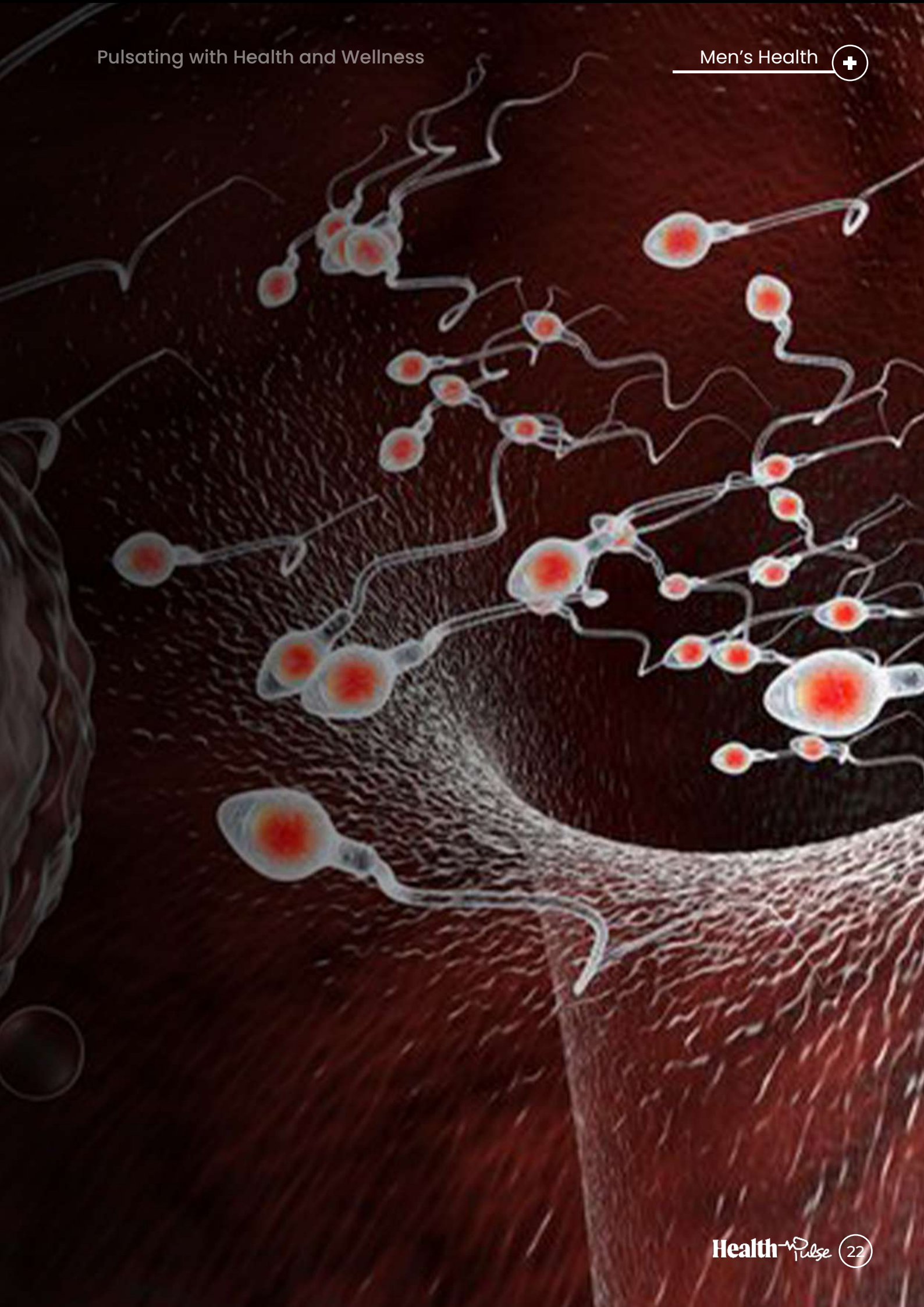
Unlike many health conditions, male infertility can not be identified through physical symptoms. The most obvious indicator is often the inability to conceive

after a year of unprotected intercourse. This subtlety underlines the importance of medical evaluation. A semen analysis, by which sperm count, motility and shape can be assessed serves as a cornerstone of diagnosis. Blood tests are conducted to check one's hormonal levels or imaging studies are analyzed to detect blockages, painting a clearer picture of the underlying issue.

Male infertility is frequently treatable. While others may adopt healthier habits, such as eating a balanced diet, regular exercise and quitting smoking to enhance sperm health. For some, medications may help if hormonal imbalances or infections are at play. Early diagnosis and personalized treatment plans significantly improve the odds of conception.

In cases where natural conception remains elusive, an individual may be advised to use reproductive technologies (ART) and go through procedures like in vitro fertilization (IVF) or intracytoplasmic sperm injection (ICSI)—where a single sperm is injected directly into an egg.

The emotional toll on an individual due to infertility is quite profound. One may feel inadequate, grief or isolated. Professional counseling or joining support groups can provide safe spaces to process these emotions, while healthcare providers help navigate the clinical journey.



Noma (Cancrum Oris)

By Gloria Addo

Noma, also called cancrum oris, is a serious disease that rapidly destroys tissue inside the mouth. It often affects children with poor health and malnutrition in poor countries. This disease can cause severe facial disfigurement or even death if not treated early. Raising awareness and acting quickly are key to stopping its deadly spread. Understanding what causes Noma and how to spot it can save lives and reduce suffering.

Historical Context and Etymology

The name “Noma” comes from an ancient Greek word meaning “to devour.” People first noticed it centuries ago in poor regions where malnutrition and infections were common. Over time, scientists have learned that it’s caused by certain bacteria and worsened by poverty. Today, Noma is seen as a neglected tropical disease, mostly found in Africa and parts of Asia.

Primary Causes

Noma happens because of harmful bacteria that grow in the mouth. Key bacteria involved include *Fusobacterium necrophorum* and *Prevotella intermedia*. When the immune system is weak or the person is malnourished, these bacteria can spread quickly and cause tissue death. It’s a polymicrobial infection, meaning many micro-organisms work together to make the disease worse.

Contributing Factors

Poor oral hygiene makes it easier for bacteria to build up and cause problems. Other factors include:

- HIV/AIDS and other immune problems
- Copies of measles or other infectious diseases
- Malnutrition, which weakens the body’s defenses

Initial Symptoms

At first, Noma shows simple signs. You might notice swollen gums, fever, or tiredness. Small mouth ulcers can appear, which worsen fast. If untreated, the infection spreads quickly across the face.

Advanced Disease Manifestations

As the disease advances, the face becomes swollen and disfigured. The breath often smells terrible due to tissue death. Ulcers open up and form large holes. If not treated, the destruction can reach the cheekbones and jawbone. This leads to visible disfigurement and secondary infections.

Immediate Interventions

Treating Noma early saves lives and reduces scarring. Hospital care focuses on stabilizing the patient first. Broad-spectrum antibiotics are given to fight bacteria. The treatment lasts several weeks and requires close monitoring. Early detection and comprehensive treatment are essential to fight Noma. It’s crucial to raise global awareness and invest in prevention strategies. Reducing the impact of Noma means healthier lives for vulnerable children. Everyone has a role in ending this devastating disease. With shared efforts, we can save many children from suffering and disfigurement caused by cancrum oris.

Transforming Meals into Moments of Stillness and Nourishment

By Priscilla Akorfa Fomevor

In today's fast-paced world, eating has become a difficult activity for many of us. We eat standing at kitchen counters, scrolling through emails or racing to the next task—barely registering the taste of what's on our plates. Mindful and intuitive eating offer an approach to relax and savor our meals.

Mindful eating involves paying attention to the experience of eating and drinking, both physically and emotionally. It's about savoring each bite, noticing the flavors, textures, aromas and eating slowly—intentionally

Intuitive eating takes mindful eating a step further by paying attention to our body's internal needs and wants to guide our eating habits. It's about trusting our body to know what it needs, rather than following external rules or restrictions.

For instance; don't assume a salad is good, and a cookie is bad. It's about trusting the body's wisdom doesn't mean abandoning health; it means believing that joy and nourishment can coexist.

Try a single meal without screens, or pause to inhale the aroma of your coffee before the first sip. Let go

of the judgement —eat the cake without apology, savor the kale without virtue. Approach slip-ups with curiosity, not criticism.

Practice mindful and intuitive eating, remove distractions while eating, this allows for a more focused experience. Enjoy every food without necessarily labeling them as good or bad. Self-compassion and self-awareness are also essential, enabling individuals to develop a more positive relationship with food and their bodies. Eating slowly and mindfully can improve digestion and reduce symptoms of irritable bowel syndrome (IBS)

When we eat with intention, meals become anchors, grounding us in pleasure and gratitude. We are reminded that nourishment isn't just about what's on the fork, but how we show up to meet it. By adopting this approach, mealtimes can become an opportunity to nourish the body, rather than just fueling our busy lives. As we slow down and tune in to our needs, we can discover a sense of peace and contentment at the table.



Tuna salad sandwich

The tuna salad sandwich is a classic recipe with a twist using olive oil and vinegar instead of mayonnaise. This is a nutritious option due to its balanced mix of protein-rich tuna, whole grain bread, healthy fats from olive oil, and fresh veggies.

Ingredients:

- 1 can of tuna (drained and flaked)
- 2 tablespoons olive oil
- 1 tablespoon vinegar (apple cider or white wine)
- 1 tablespoon chopped onion
- 1 tablespoon chopped celery
- Salt and pepper to taste
- 2 slices of whole grain bread
- Lettuce, tomato, and/or cheese (optional)

Instructions

1. In a bowl, combine tuna, olive oil, vinegar, onion, and celery.
2. Mix well and season with salt and pepper.
3. Spread the mixture on whole grain bread.
4. Add lettuce, tomato, and/or cheese if desired.
5. Top with another slice of bread and serve.

Tips

- Adjust the amount of vinegar to your taste.
 - Add herbs like parsley or dill for extra flavor.
 - Serve with a side of fresh veggies or a green salad.
- Enjoy your refreshing tuna salad sandwich!

Young and Menopausal

Making Sense of POI

By Gloria Addo

The cycle of womanhood undergoes various transitions, and by far the most dreaded is MENOPAUSE. Some view it as blissful stage where you don't go through the menace of monthly periods however most older women can attest to the discomforts of hot flashes, sleep disturbances, mood changes, vaginal dryness, and joint pain.

But then, what if the dreaded comes earlier?

Today, we throw the spotlight on Premature Ovarian Insufficiency, a condition that affects about 1 out of every 100 women under age 40.

Premature ovarian insufficiency (POI) is a condition that can change a woman's life. It affects her ability to have children and can cause symptoms similar to menopause. It happens when the ovaries stop working correctly before age 40. It's different from menopause, which usually happens around age 50. In POI, women may still have some egg activity, but not enough to stay healthy or conceive easily.

Causes of Premature Ovarian Insufficiency?

Genetic and Autoimmune Factors

Certain genes can make women more prone to POI. For example, a gene change called a Fragile X permutation can cause ovarian problems. Autoimmune diseases like thyroid disorders or diabetes can also target the ovaries and cause them to fail.

Environmental and Lifestyle Influences

Exposure to harmful chemicals, like pesticides or solvents, might play a role. Treatments such as chemotherapy and radiation are known to damage the ovaries. Smoking is another big risk, as it speeds up ovarian aging. Poor nutrition and excessive alcohol can also affect ovarian health.

Medical Conditions and Procedures

Surgeries that remove or damage the ovaries can bring on POI. Women with certain health conditions, like autoimmune thyroid disease, are more likely to develop POI. Some medications might also interfere with ovarian function.

Women with POI often notice irregular or missing periods. Some might stop having periods altogether. Flashes of heat, sweating at night, and trouble sleeping are common. Difficulty conceiving is often the first sign that something's off.

Diagnostic Tests and Procedures

Doctors usually check blood hormone levels to diagnose POI. High follicle-stimulating hormone (FSH) and low estrogen levels are typical indicators. The anti-Müllerian hormone (AMH) test helps assess ovarian reserve. An ultrasound may also provide clues about the size of the ovaries and presence of follicles.

Eating a balanced diet rich in calcium and vitamins helps overall health. Managing stress through relaxation techniques can improve mood. Building a support network offers emotional comfort during tough times. The emotional toll of POI can be heavy. Feelings of loss, anxiety, or depression are common. Connecting with others who face similar challenges can provide comfort.

Premature ovarian insufficiency might sound overwhelming, but knowledge empowers you. Getting checked early can help you manage symptoms effectively and explore your options for future family plans. With support and proper care, women with POI can lead full, happy lives.



Drink to Your Health: The Vital Role of Hydration in Wellness

By Priscilla Akorfa Fomevor

Water they say is the essence of life, and staying hydrated is essential for maintaining physical health. Our bodies are made up of approximately 60% water, which plays a vital role in various bodily functions, from regulating body temperature to facilitating the digestion process.

Proper hydration has numerous benefits for our physical health. Water helps to boost digestion by aiding in breaking down food and absorbing nutrients in the digestive system. Even mild dehydration can lead to digestive issues, such as constipation and bloating. Additionally, drinking enough water keeps your skin hydrated, plump and supple, reducing the appearance of fine lines and wrinkles. Dehydration can cause skin dryness, itchiness and irritation.

Also, athletes and individuals who engage in regular physical workouts need to be hydrated for their daily activities. Water helps to regulate body temperature, transport nutrients and oxygen to cells as well as remove waste products. When we don't drink the amount of water the body needs, our bodies can't function properly, leading to fatigue, weakness and decreased performance.

Dehydration can have severe consequences on our physical health. One might develop a headache, dizziness and dry mouth, among other symptoms.

If left unchecked, dehydration can lead to more serious health issues.

To maintain proper hydration, it's critical to drink plenty of water throughout the day. The amount of water an individual needs varies depending on factors, such as age, sex, weight and activity level. Monitoring urine output is also another good way to check for hydration levels. If your urine is pale yellow or clear, you are likely hydrated. Dark yellow or amber-colored urine can indicate dehydration.

Incorporate foods with high water content into your diet. Foods like watermelon, cucumbers and celery are not only nutritious but also contribute to our daily water intake.

In conclusion, stay hydrated to maintain a good physical health. By drinking plenty of water and incorporating hydrating foods into our diet, we can reap the benefits of proper hydration. Make hydration a priority today and experience the positive impact it can have on your overall well-being.





Healing, Bonding, and Moving:

The Role of Exercise in Postpartum Recovery

Being a new mum can be hard. Juggling with the experience of motherhood, a new person to cater for, changing sleep patterns and diet, then as part of a healthy routine, Exercise.

The physical changes your body undergoes during pregnancy, labor, and childbirth are significant. Maintaining a fitness routine throughout the first, second, and third trimesters of pregnancy can be an excellent way to prepare for the challenges of labor and delivery.

After giving birth, your body continues to change during the postpartum phase, often referred to as the "fourth trimester." You won't simply "bounce back" to your pre-pregnancy body and fitness levels right after labor. This phase usually involves weakened core muscles, significant hormonal shifts, and fatigue. Studies have shown that even 26 weeks postpartum, many women still have not fully regained their core strength or energy levels.

It's vital to include fitness in your postpartum recovery whenever possible. Postpartum exercise can aid in both your physical and mental recovery. As your body heals, exercising can help restore your strength and energy while also reducing fatigue. Additionally, this phase represents a major life change, so physical activity can help alleviate stress and anxiety and promote bonding with your baby. One study found that postpartum women who exercised for 2.5 hours a week had a significantly lower risk of developing Postpartum Depressive Symptoms (PPDS).

This highlights the importance of prioritizing exercise after giving birth. Incorporating your baby into your postpartum fitness routine can be transformative. Postpartum workouts not only strengthen core muscles and reduce stress but can also improve sleep and lower the risk of postpartum depression.

One effective way to reintroduce a workout routine into your life is by exercising with your baby. Options include babywearing exercises, stroller workouts, or at-home bouncer exercises. Exercise can also serve as a means to bond with your baby, as your voice and physical touch are crucial during this time. Fitness is an excellent way to take care of yourself while nurturing your relationship with your newborn.

Source:Trainwell.Net.



Healthy Living Made Simple

A Dietician's Guide



Julius Evame Agbagba, RD

Let's be honest—between work, school, social life, and the endless scroll of notifications, who really has time to think about nutrition all the time? Life gets busy. Fast food is convenient. Sleep is short. And taking care of ourselves can sometimes slip to the bottom of the to-do list.

But here's the good news: healthy living doesn't have to be complicated. It's not about being perfect or giving up your favorite foods. It's about making small, smart choices that help you feel better, think clearer, and live fully.

As a dietitian, I've seen how even simple shifts can make a big difference. So, let's walk through what healthy living really looks like—no pressure, no judgment, just real conversation.

1. Eat Real, Balanced Food—Most of the Time

You don't need fancy diets or expensive supplements. The goal is balance.

Try to include a mix of:

- Whole grains like oats, brown rice, or whole-wheat bread
- Lean proteins like beans, chicken, or fish
- Healthy fats (avocados, nuts, seeds)
- Loads of fruits and vegetables.

It's not about cutting things out—it's about crowding your plate with foods that fuel you.

Real-life tip: Don't stress about every meal. If you had a heavy lunch, balance it with a lighter dinner. Life happens

Pulsating with Health and Wellness

2. Water First, Always

Our bodies are made mostly of water, yet many of us walk around dehydrated. Water boosts energy, helps your skin glow, and even supports digestion and focus.

Aim for 2–3 liters a day. Keep a bottle nearby you'll drink more without even thinking about it.

3. Don't Skip Meals—Your Body Notices

We've all been there: skipping breakfast, working through lunch, then suddenly raiding the fridge at 10 p.m. Sound familiar?

Try eating regularly to keep your blood sugar and energy steady. A banana, some yogurt, or a handful of nuts can work wonders when you're on the go.

4. Eat Mindfully, Not Mindlessly

Ever eaten a whole bag of chips while watching Netflix? (Guilty.) Mindful eating means slowing down, chewing properly, and actually enjoying your food. It also means paying attention to when you're truly hungry—and when you're just bored or stressed.

5. Learn to Decode Food Labels

The front of the package might say "healthy," but the back tells the real story. Check for:

- Serving size (surprise sometimes it's tiny!)
- Added sugars, sodium, and saturated fats
- Bonus points for fiber and protein

Once you get the hang of it, label reading becomes second nature.

6. Move Your Body However You Can

Forget "no pain, no gain." Movement should feel good.

Dance in your room. Go for a walk after dinner. Stretch during Zoom meetings. It all adds up. Aim for about 150 minutes of movement a week—break it up however you like.

The best kind of exercise? The one you actually enjoy.

7. Protect Your Sleep & Peace

Getting enough sleep is like hitting the reset button on your brain and body. Without it, you're more likely to crave sugar, skip workouts, and feel overwhelmed. Stress is part of life, but how you handle it matters. Talk to someone. Journal. Meditate. Or just take a deep breath and go outside for five minutes.

8. Healthy Habits Start Small

Don't try to change everything at once. Pick one thing and start there.

- Add veggies to your lunch
- Drink a glass of water first thing in the morning
- Walk for 10 minutes after dinner

Once it feels easy, stack on the next habit. That's how real change happens—bit by bit.

A Final Thought

Healthy living isn't about chasing some perfect version of yourself. It's about creating a life that feels good to live. One where you have energy, joy, and balance—not burnout and guilt.

So, if you're reading this and thinking, "Where do I even start?"—just start. With water. With breakfast. With movement. With rest.

Your body, mind, and future self will thank you.

Health Terms on Male Fertility

Azoospermia refers to a semen sample without any sperm

Hypospadias

Hypospadias is a rare condition that refers to an abnormal, displaced urinary opening within the penis.

Retrograde ejaculation

Retrograde ejaculation is a condition where semen travels to and is discharged through the bladder rather than ejaculated from the penis.

Varicoceles

Varicoceles refer to enlarged varicose veins in the scrotum that prevent adequate blood flow or may cause reverse blood flow.

Gonadotropin

A hormone that stimulates the testicles to produce sperm and the ovaries to produce eggs.

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