

Health Pulse

magazine



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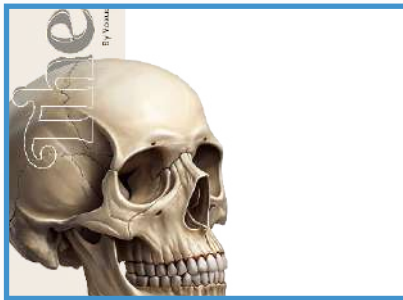
Multivitamins:

Magic Pill or Misused Supplement?

Masculinity and Mental Health:
A Special focus for Men's Mental
Health Awareness Month.....
See page 13

Obstetric Fistula:
A Preventable Tragedy in
Maternal Health.....
See page 26





Contents

Editorial	3
Organ	4
Special Report	5 - 6
Women's Health	7
Health News	8
Health and Technology	9 - 10
Africa in focus	11
Health Myth Buster	12
Mental Health	13
Skin Health	14
Feature Interview	15 - 16
Gallery	17 - 18
Special Feature	19 - 20
Men's Health	21 - 22
Disease in Focus	23
Health and Wellness	24
Healthny Recipe Hack	25
Family Health	26
Healthy Living	27
Fitness and Exercise	28
Ask the Expert	29
Health Terms	30



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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Reframing Skin Diseases as a Global Health Priority:

What It Means for Ghana

The recent resolution by the World Health Assembly (WHA) to classify skin diseases as a global public health priority is a long-overdue milestone. For far too long, skin conditions have been viewed merely as cosmetic concerns. Yet, they affect nearly one-third of the global population and can carry deep physical, psychological,

and social consequences especially in under-resourced regions like Ghana and across sub-Saharan Africa. In Ghana, skin diseases such as eczema, fungal infections, scabies, and vitiligo are common, particularly in rural and peri-urban areas where access to dermatological care is minimal. These conditions are often left untreated due to stigma, low public awareness, and the absence of specialized skin care services in most health facilities. This has led to preventable complications, social isolation, and reduced quality of life for many individuals.

The WHA resolution urges governments to integrate skin care into national health systems, ensure the training of healthcare workers in dermatology, and improve access to treatment and diagnostic services. For Ghana, this is a critical opportunity to reform how skin conditions are managed at the primary health care level. Incorporating dermatological training into medical and nursing curricula, equipping community clinics with basic dermatological tools, and investing in teledermatology for remote consultations are all viable strategies.

Public education is equally essential. Many people suffer in silence due to misinformation, cultural taboos, or the belief that skin diseases are spiritual or contagious. A nationwide awareness campaign—through schools, media, and local health programs—can help reduce stigma, encourage early diagnosis, and promote good skin hygiene.

Furthermore, the Ghana Health Service and the Ministry of Health should explore partnerships with international organizations to fund research, improve infrastructure, and support the availability of affordable dermatological medications.

The WHA's resolution is a reminder that skin health is not a luxury—it is a fundamental part of overall well-being. Ghana has the opportunity to lead in West Africa by recognizing skin diseases as a public health priority and committing the resources needed to address them.

As we move forward in strengthening our health systems, let us not overlook the skin—our most visible organ, and for many, the most silently burdened.



The Skull

By Yosua K. Domedjui

The skull is a vital structure in the human body, playing a crucial role far beyond simply shaping the head. It forms a strong, protective casing for the brain, houses key sensory organs, and serves as a structural anchor for muscles involved in facial expression, chewing, and head movement. As a defining feature of all vertebrates, the skull has evolved to support increasingly complex functions.

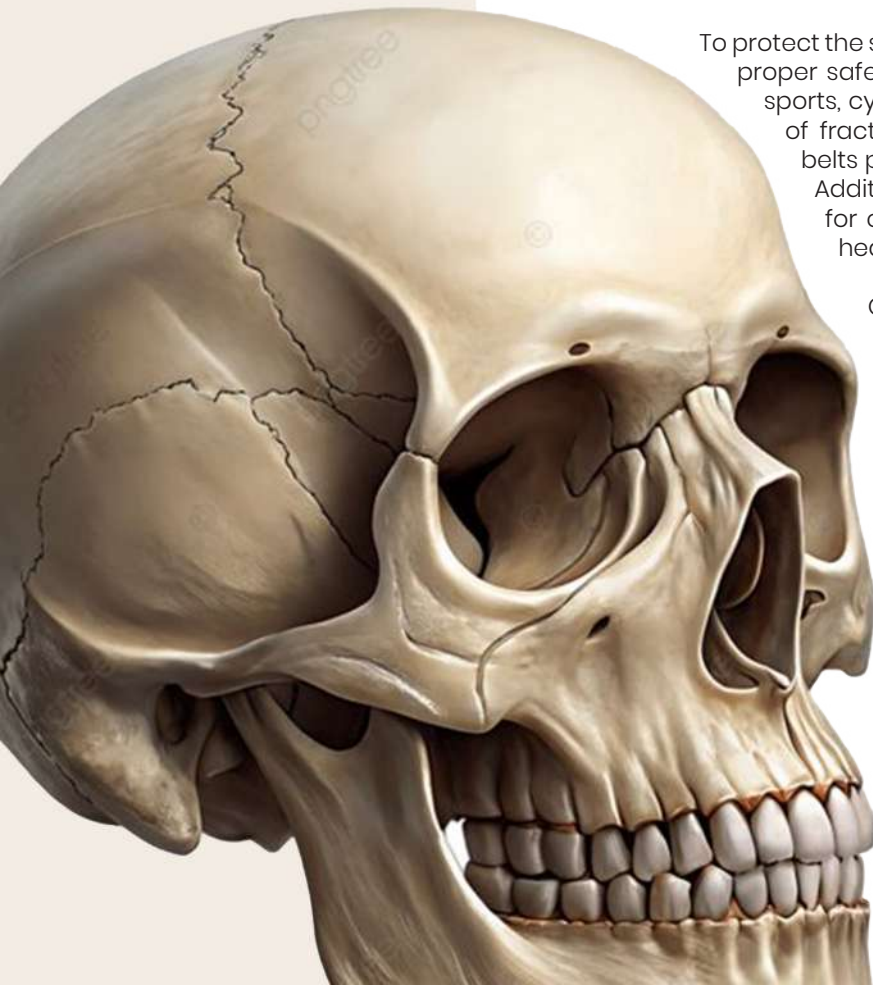
Structurally, the skull consists of two main parts. The neurocranium forms the braincase, safeguarding the central nervous system, while the splanchnocranium (also known as the facial skeleton) supports the jaw and face. In some species, an additional layer, the dermocranium, contributes dermal bones to the external skull surface.

From birth, the skull begins as a cartilaginous framework known as the chondrocranium, which gradually ossifies in most vertebrates. In humans and other mammals, the chondrocranium gives rise to several essential bones that encase the brain, with openings to allow for nerves and blood vessels to pass. The splanchnocranium, originally part of the ancient jaw structure, has adapted in mammals to form small but critical bones of the middle ear, enhancing hearing.

The skull's primary functions include protecting the brain, supporting sensory organs (eyes, ears, nose), and facilitating communication and feeding. Its complex anatomy allows for fine muscle coordination, making speech, eating, and expression possible. The skull also balances the head on the spine and absorbs shock, reducing the impact of external forces.

To protect the skull, it's essential to avoid head trauma through proper safety practices. Wearing helmets during contact sports, cycling, or construction work can reduce the risk of fractures or brain injury. In vehicles, wearing seat belts prevents severe head impact during accidents. Additionally, ensuring a safe environment, especially for children and the elderly, can prevent falls and head injuries.

Over evolutionary time, the human skull has become more rounded and expanded to accommodate a more developed brain. This change reflects the increasing complexity of human behavior, learning, and communication. The shift in skull shape also allowed for a flatter face and more refined jaw movement, key to both speech and diet diversification.





HCOWAA Hosts its 8th **AI in Healthcare** Conference focusing on the Needs of West African Hospitals

The global healthcare landscape is undergoing significant transformation, and the Health Community of West Africa Association (HCOWAA) is at the forefront of this evolution. By harnessing the power of Artificial Intelligence (AI), the organization is spearheading initiatives that promise to revolutionize healthcare delivery in West Africa, particularly Ghana. A testament to this commitment is the successful organization of its 8th Symposium on **AI APPLICATIONS- WEST AFRICAN HOSPITAL NEEDS EXCHANGE MEETING**, themed **"Strengthening Hospital Support and Regional Medical Supply Systems."**

During his welcome address, the Vice President of HCOWAA, Mr. Prince Opoku Dogbey outlined a plan to integrate AI in healthcare by making it a core department, incorporating systems like IVD, POCT, LIS, smart systems, big data analytics, and computational power centers. This integration aims to enhance diagnostic accuracy, speed up test results, and boost analytical capabilities. The organization, HCOWAA, will focus on advanced components, enabling hospitals to leverage AI without shouldering the full resource burden. "Our AI-powered medical imaging system integrates essential diagnostic tools like X-rays, ultrasounds, CT scans, and more. For hospitals and clinics that possess the necessary imaging equipment but lack

sufficient medical staff or expertise, HCOWAA provides an advanced solution. We deploy a centralized server where hospitals can upload their medical images for analysis. Experts from HCOWAA, based in China, can then review and analyze these images, generating detailed reports that are shared with local healthcare providers. Additionally, using big data and smart systems, our Ghanaian doctors can automate the preparation and analysis of these images, ensuring faster and more accurate results. Mr. Opoku said.

During a presentation by Mr. Yoshua Kodjovi Domedjui, the Director of Content, HCOWAA, he underlined that the Health Pulse Magazine is a weekly health publication dedicated to educating and informing the public on health issues, promoting healthy living, and supporting health professionals with research, serving as a bridge between health institutions, professionals, and communities. The magazine proposes a partnership with hospitals and medical institutions to provide verified health data updates and insights, aiming to amplify medical institutions to provide verified health data updates and insights, aiming to amplify Ghana Health medical institutions to provide verified health data updates and insights, aiming to amplify Ghana Health Service initiatives, educate the public with trustworthy information, and strengthen partnerships,



with potential contributions including articles on national health policies, data-driven pieces on health statistics, and success stories from various regions and facilities.

The manager of Essence Clinic and Medical Laboratory and the Director for Education and Training, HCOWA Medical Academic and Exchange Committee, Mr. Benjamin Kwei Mensah highlighted that AI enhances, rather than replaces, the human touch in healthcare, enabling clinicians to make faster, more accurate, and compassionate decisions. He outlined key steps for building AI-ready hospitals, including investing in digital infrastructure, promoting local innovations, developing regional data-sharing frameworks, and ensuring ethical AI deployment that prioritizes patient privacy and equitable access.

"This meeting is not just an exchange of needs. It is a call to action to harness the full power of artificial intelligence to solve the practical problems that have hindered us for too long. Let us imagine a West Africa where hospitals are not just functional, but intelligent. And where healthcare is not just accessible, but predictive, efficient, and resilient", he stated.

A regulatory officer with the Food and Drugs Authority (FDA) in Ghana, Mr. Samuel Yawson Ayikanle highlighted that AI-powered chatbots can facilitate real-time, personalized medical advice, provide basic consultations, health information, and guidance, while also bridging communication gaps through multilingual support, ultimately reducing the burden on healthcare professionals. Also, health systems are increasingly overwhelmed by manual processes and paper-based records yet AI can automate health history tracking, manage patient data, and optimize workflows, enhancing operational efficiency and ensuring better resource

allocation across healthcare facilities.

Dr. Paulina Denteh, the Director of HCOWAA Women Health, emphasized on the need for West Africa to leverage technology, including AI, to transform healthcare, enhancing patient care and access to information, rather than replacing the human touch, and urged collective action to build a better healthcare future for the region.

"At HCOWA Women Health, we're already exploring these possibilities. We're learning what works and what doesn't. But we need you to join us. Whether you manage a hospital in Accra, or work in a rural health center in Walewale, there's a role for you in this transformation. Every day we delay, patients continue to struggle with preventable problems.

Every month we wait, we fall further behind regions that are already using these tools. But every step we take together brings us closer to healthcare that truly serves our people, she emphasized.

Michael Abeku Yankson emphasized that efforts should focus on strengthening procurement systems, supporting local drug manufacturing, and enhancing regulation to ensure quality and affordability, while also highlighting the importance of integrating emergency preparedness, expanding and modernizing hospital infrastructure, and ensuring reliable essential services to meet growing demand.

By leveraging AI, the Health Community of West Africa Association aims to bridge gaps, foster innovation, and drive sustainable healthcare solutions tailored to the unique needs of the region. Through such strategic endeavors, the organization is poised to make a lasting impact on the healthcare sector, improving outcomes and advancing the well-being of communities across the region.

Obstetric Fistula:

A Preventable Tragedy in Maternal Health.

By Gloria Addo

Globally, an estimated 50,000 to 100,000 women each year are affected by Obstetric Fistula, a devastating yet largely preventable childbirth injury.

This typically results from prolonged, obstructed labor without timely medical intervention, leading to an abnormal opening between the birth canal and the bladder or rectum. This condition not only causes severe physical suffering but is also closely associated with one of the major causes of maternal mortality—obstructed labor.

Women living with obstetric fistula often face chronic incontinence, leading to stigma, rejection, and profound emotional trauma. Many are abandoned by their families and excluded from their communities.

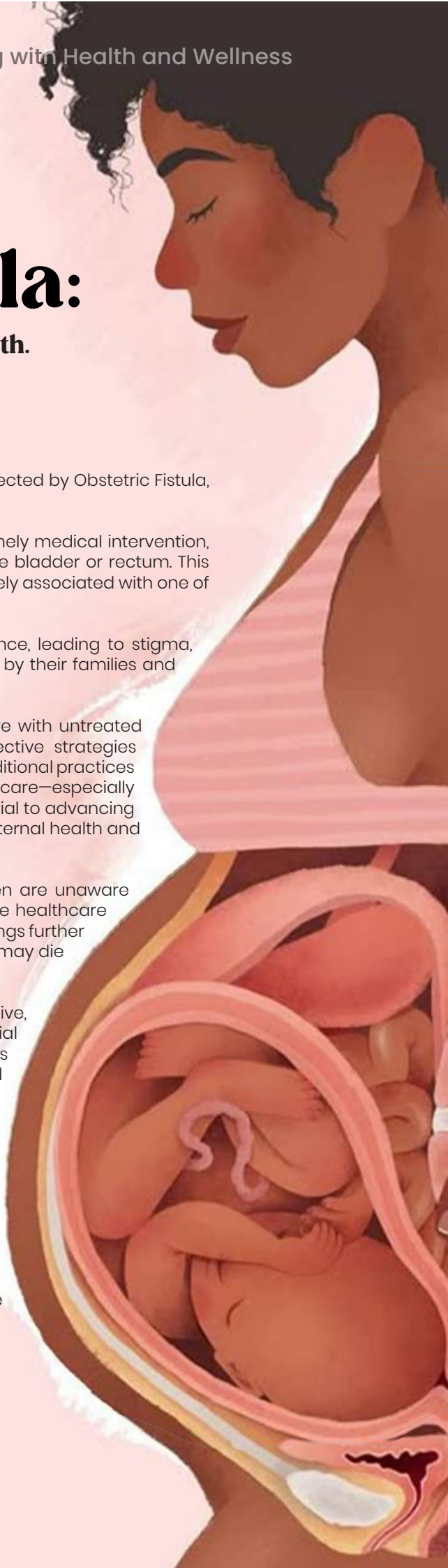
In Asia and sub-Saharan Africa alone, about 2 million women live with untreated fistulas. Yet, obstetric fistula is almost entirely preventable. Effective strategies include delaying the age of first pregnancy, eliminating harmful traditional practices like child marriage, and ensuring timely access to quality obstetric care—especially emergency obstetric services. Tackling these root causes is essential to advancing Sustainable Development Goal 3, which focuses on improving maternal health and reducing maternal mortality worldwide.

Although reconstructive surgery can repair fistulas, many women are unaware that treatment exists or are unable to afford or reach appropriate healthcare facilities. A critical shortage of skilled surgeons in low-resource settings further compounds the problem, and without intervention, some women may die from complications.

True recovery, however, goes beyond surgery. A comprehensive, holistic approach is essential. Women need counseling, social support, health education, and access to income-generating skills such as literacy and job training. These services help them rebuild their lives and reintegrate into society with dignity.

Follow-up care is equally important. After fistula repair, women require continued medical monitoring to prevent recurrence, particularly during future pregnancies. Access to safe delivery services ensures both maternal and newborn survival.

This year, International Day to End Obstetric Fistula 2025 was on the theme 'Breaking the Cycle', reminding us that ending obstetric fistula is within reach—but it requires sustained investment, awareness, and a commitment to equitable maternal healthcare for all.





WHO Calls for Global Ban on Flavored Tobacco and Vapes

The World Health Organization (WHO) issued an urgent call to action, urging governments worldwide to impose immediate bans on all flavors in tobacco and nicotine products. This broad legislation targets cigarettes, nicotine pouches, hookahs, and e-cigarettes alike in order to protect young people from addiction and serious health dangers.

The WHO argues that enticing flavours like menthol, bubble gum and cotton candy act as a dangerous disguise. They mask the harsh reality and toxicity of these products, effectively turning them into “youth-friendly bait.” These flavours not only significantly increase the difficulty of quitting but have also been directly linked to serious lung diseases.

“Flavours are fueling a new wave of addiction, and should be banned,” declared Dr. Tedros Adhanom Ghebreyesus, WHO Director-General. He warned that these additives “undermine decades of progress in tobacco control,” stating that without decisive intervention, the global tobacco epidemic – already claiming approximately 8 million lives annually – will persist, driven by “addiction dressed up with appealing flavours.”

The call coincides with the release of a new WHO publication, “Flavour accessories in tobacco products enhance attractiveness and appeal.” This report details how the industry employs flavours alongside design features like capsule filters and click-on drops to circumvent regulations and ensnare new, often young, users.

While over 50 countries have already banned flavoured tobacco and more than 40 prohibit e-cigarette sales (with 5 specifically banning disposables and 7 banning e-cigarette flavours), WHO stresses that flavour-enhancing accessories remain largely unregulated globally. The organization points to nations like Belgium, Denmark, and Lithuania as examples taking action and urges others to follow suit immediately.

“We are watching a generation get hooked on nicotine through gummy bear-flavoured pouches and rainbow-coloured vapes,” said Dr. Rüdiger Krech, WHO Director of Health Promotion. “This isn’t innovation, it’s manipulation. And we must stop it.”

The WHO reiterated that all tobacco products, including heated tobacco, expose users to cancer-causing chemicals and require strict regulation. The 2025 World No Tobacco Day campaign will specifically honour governments, youth activists, and civil society leaders challenging industry interference. “Your actions are changing policy and saving lives,” Dr. Krech acknowledged.

With the staggering toll of 8 million tobacco-related deaths each year as a backdrop, the WHO’s message is unequivocal: the time for governments to act is now. Flavours, and the industries deploying them, have no place in a healthy future.

Source: WHO

The Science Behind **MAGNETIC RESONANCE IMAGING (MRI)**

Have you ever been told by a doctor to get an MRI scan? Or maybe you've heard someone talk about it and wondered, "What exactly does that machine do?" It looks like a huge tunnel, it's loud, and somehow it helps doctors see what's going on inside your body without touching you. It might seem a bit mysterious, but the way MRI works is nothing short of fascinating. MRI, which stands for Magnetic Resonance Imaging, is completely different from imaging methods like X-rays or CT scans. While the latter use radiation to take pictures, MRI relies on strong magnets and radio waves. What makes it truly amazing is; it creates images using the water in your body. That's right, water. Since our bodies are made up of around 60% water, and water contains hydrogen atoms, MRI takes advantage of this to "light up" the body from the inside.

Here's how it works. When you lie inside the MRI machine, its powerful magnetic field lines up all the hydrogen atoms in your body. Then, it sends in

short pulses of radio waves that knock those atoms slightly out of place. As the atoms return to their normal position, they release energy signals. The MRI scanner picks up those signals and a computer processes them into highly detailed images of your body's internal structures — from the brain and spinal cord to joints, muscles, and organs. It's completely painless and incredibly precise.

The development of MRI as a medical imaging tool began in the 1970s, building on earlier discoveries about how atoms behave in magnetic fields. Dr. Raymond Damadian was one of the early pioneers who realized that different tissues give off different signals, which could be used to distinguish healthy tissue from diseased ones. The first MRI scan of the human body was performed in 1977, and since then, the technology has evolved into an essential tool in healthcare around the world.

Even though MRI doesn't use radiation and is generally very safe, there are important safety precautions to follow. Because the magnet inside the scanner is extremely powerful, no metal objects are allowed in the room. Metal can become a dangerous projectile if it's pulled toward the scanner, so patients are carefully screened for anything metallic — from implants and pacemakers to piercings and tattoos. Most modern implants are MRI-safe, but checking is always crucial.

The scan itself is completely painless, although the machine does make a lot of noise — a mix of banging, knocking, and humming. Patients are usually given earplugs or headphones to make it more comfortable. While lying still might not be fun, the reward is a set of clear, detailed images that help doctors diagnose problems, guide treatments, or simply give peace of mind.

MRI remains one of the most powerful and innovative tools in modern medicine. With no radiation, unmatched image quality, and the ability to see deep into the body, it continues to change lives every single day — one scan at a time.



Meshach Kweku Galley
Diagnostic Radiographer



Lagos Health Ministry Holds 4-Day Workshop on Disease Surveillance

The Lagos State Ministry of Health has concluded a four-day residential workshop aimed at strengthening disease surveillance and early detection capabilities among its Disease Surveillance Notification Officers (DSNOs) and watch staff.

Held at the Orchid Hotel in Lekki, the training, themed “Building Resilience into Disease Surveillance Practices in Lagos State,” drew 86 participants from across the state’s public health sector. The event was designed to boost frontline officers’ capacity to detect, report, and respond to disease outbreaks more effectively.

In his closing remarks, the Permanent Secretary of the Ministry, Dr. Olusegun Ogboye, emphasized the life-saving importance of the participants’ roles. “If you don’t detect early, report promptly, and investigate thoroughly, the disease could spread beyond our control,” he warned. He urged officers to embrace technology and treat their duties with a deep sense of responsibility, stressing that surveillance work safeguards over 20 million residents in Lagos.

Dr. Ogboye noted concerns over delays in reporting alerts and stressed the need for accuracy and timeliness. “We must ensure our surveillance system is proactive, responsive, and reliable,” he said. He also

highlighted the importance of leveraging data for decision-making, adding, “Our data must tell a story, and it must do so reliably.”

The Director of Epidemiology, Biosecurity and Global Health, Dr. Ismail Abdus-Salam, explained that the training focused on improving early warning systems, situational awareness, and data analysis. Sessions covered tools like Excel, QGIS, and real-time alert systems, as well as risk communication strategies.

“We want DSNOs not just collecting data, but questioning it. Why are some areas silent? Are we underreporting?” Abdus-Salam challenged. He urged participants to apply their new skills in the field and avoid reverting to old habits.

With Lagos currently under a cholera alert, he stressed the need for constant vigilance. “Engage your MOHs, engage your communities. Nothing should slip through the cracks,” he advised.

The Ministry reaffirmed its commitment to improving health security through training, innovation, and collaboration.

Source: HealthPunchNg.



Does Swallowing Gum Get It Stuck in Your Stomach?

By Gloria Addo



Chewing gum is a popular treat and a quick fix for bad breath. But what happens if you accidentally swallow it? Does it really stay in your stomach forever?

Swallowing an occasional piece of gum is generally harmless. While it's true that your body can't digest gum, that doesn't mean it stays inside you forever. Like most things you eat, it will pass through your digestive system and exit naturally—usually within about 40 hours.

"It won't stay in your stomach for seven years, or even seven days," says registered dietitian Beth Czerwony, RD, LD.

"If you've swallowed a piece of gum, it'll come out whole in your stool because it can't be digested." Gum used to be made from tree resin, but today it's

typically made from a synthetic substance called gum base. Gum base is non-nutritive (it provides no nutritional value) and nondigestible (your body can't break it down like it does with other foods). This is why it passes through your system intact.

Although swallowing a single piece of gum isn't harmful, doing it regularly can pose a risk. In rare cases—especially in young children—gum has caused intestinal blockages, particularly when swallowed along with other indigestible items.

To avoid any potential issues, it's best not to swallow gum at all. When the flavor is gone and the fun is over, spit it out into a napkin or trash can. It's a simple habit that keeps your digestive system running smoothly.



Masculinity and Mental Health

A Special focus for Men's Mental Health Awareness Month

By Priscilla Akorfa Fomevor

Silence is not strength. This truth echoes through the statistics defining the modern male experience: men die by suicide at nearly four times the rate of women; loneliness has become a quiet epidemic with 15% of men reporting no close friendships. As Men's Mental Health Awareness Month begins, we are caught between embedded stigma and fragile hope. The problem is apparent but so is the movement for change.

For many decades, being a man meant being tough. Boys were taught that being vulnerable meant being betrayed; these lessons were reinforced by sayings like "man up" or being expected to put up with hardships without complaining. There are deadly repercussions from this cultural narrative. Anger, substance misuse or withdrawal are more common signs of distress than tears. A 19% increase in suicidal thoughts is correlated with strict adherence to standards that demand toughness.

Yet glimmers of transformation emerge. Research indicates 95% of men now prioritize mental health equally with physical health, a seismic shift. The rise of the men's self-care industry—from skincare to mindfulness apps—signals a pivot: self-care is no longer coded feminine but essential. Barbershops evolve into confessional spaces; movements like Heare Brotherhood create sanctuaries for raw conversation. These are lifelines, not trends.

Whereas rigidity and lonely endurance were required for standard masculinity, emotional fluency is embraced by emerging perspectives. Community combats isolation, vulnerability restores courage, and seeking support substitutes toughing it out. Strength is redefined as wellness sheds stigma.

Instead of ends, awareness month spur action. Progression necessitates: - Redefining strength as seeking assistance; substituting "reach out" for "man up"; - Customizing resources—campaigns, therapy that resonates with male experiences establishing a connection between mental and physical health. Through institutional dedication, early intervention becomes commonplace.

The empathy gap—society's dismissal of male suffering—still claims lives. Closing it begins when a father's tears receive the compassion of a child's scraped knee. It grows through year-round solidarity beyond awareness campaigns. It endures when we reject the false choice between strength and sensitivity.

This month of June, let us actively reimagine a world where men are free to be human. The work continues: one conversation, one policy, one healed life at a time.



Glowing Beyond Years

Nurturing Your Skin's Radiance Through Time

By Priscilla Akorfa Fomevor

Our skin recounts the tale of our lives through the laughter, adventures, and experiences we've had. However, as time goes on, it may begin to exhibit symptoms of wear, prompting us to hunt for ways to restore its youthful glow. What we can do is that, with proper care, we can maintain our healthy and radiant skin even into old age.

An individual's skin's aging process is influenced by a variety of factors, including our genetic makeup, hormone changes, and the way we live. Prolonged sun exposure, smoking, and bad lifestyle choices can all contribute to accelerated aging, while environmental elements such as pollution and severe weather can have a negative impact on our skin's health.

As the years go by, our skin may start to show signs of aging, such as wrinkles, fine lines and age spots. It can become dry, dehydrated and lose its firmness, making it look dull.

Ensure to drink plenty of water to stay hydrated and get enough sleep every night, daily to improve your skin texture because when we don't get enough rest, our skin can look dull and tired.

To keep our skin to look its best, we need to give it our maximum attention. Use a rich, hydrating moisturizer to help lock in moisture and soothe dry skin. Protect your skin from the sun with a broad-spectrum sunscreen is also essential, as it gently exfoliate to remove dead skin cells and promote cell turnover.

Also, try products that contains retinol, peptides or vitamin C to help stimulate collagen production and reduce the appearance of fine lines and wrinkles.

For those looking to address specific skin concerns consider anti-aging treatments like Botox, chemical peels and laser therapy to help reduce wrinkles, promote cell turnover and stimulate collagen production, leaving your skin looking smoother, brighter and more radiant.

Aging is a natural part of life, but we can manage it by being constant with our skin care routine. Through observing what causes the skin to age and taking steps to care for it, we can age confidently, with skin that reflects our inner vitality.





Multivitamins:

Magic Pill or Misused Supplement?

Gloria Addo

Multivitamins have become common in every households, often seen as a simple solution for better health. They promise to top up what our diets lack—boosting immunity, improving energy, and even enhancing beauty. But behind the glossy packaging and glowing reviews lies a more complex reality. Are they really necessary for everyone? Can they cause harm if misused? And how do you choose the right one?

To answer these important questions, we sat down with **Pharm. Tokonila Helga Thomas**, a clinical pharmacist with over 10 years of experience, currently serving at the Accra Psychiatric Hospital. With her wealth of knowledge in patient-centered care and medication safety, she helps us unpack the facts and common misconceptions about multivitamins.

Whether you take supplements daily or are simply curious about whether you should, her insights will guide you toward more informed, health-smart choices.

Q: Let's start with the basics. What exactly are multivitamins?

A: Multivitamins, often referred to as supplements, are products that provide essential nutrients—vitamins and minerals—that your body may not be getting from your diet. They come in various forms such as tablets, chewable gummies, capsules, and even teas. These supplements can contain both water-soluble and fat-soluble vitamins, as well as trace minerals.

Pharm. Tokonila Helga Thomas,

A clinical pharmacist

Q: Who were multivitamins originally intended for?

A: Multivitamins were primarily created for individuals with specific nutrient deficiencies. These could be due to poor dietary habits, medical conditions, or life stages such as pregnancy or old age. They're essentially a medical solution for a medical need not just a general health booster.

Q: Can someone self-diagnose a vitamin deficiency and start taking multivitamins?

A: That's a risky move. While people often rely on personal observation or recommendations from friends or family, only a healthcare professional such as a doctor, pharmacist, dietitian, or nutritionist can properly diagnose a deficiency and recommend the right supplement. What works for someone else might not work for you, and could even be harmful, especially if there are underlying health conditions.

Q: What are some of the risks of taking multivitamins without medical guidance?

A: One major risk is vitamin or mineral toxicity. For example, taking iron-rich supplements like blood tonics when you're not anaemic can lead to iron toxicity—a dangerous condition where excess iron builds up in the body. This can cause internal bleeding and may even be fatal.

Q: Can multivitamins interact with other medications?

A: Absolutely. Certain minerals in multivitamins can bind with compounds in prescribed medications, forming complex substances that reduce the effectiveness of both. This can make your medication less effective or even counterproductive. Always check with a professional before combining supplements with prescribed drugs.

Q: Are there visible signs of multivitamin abuse?

A: Yes, but they can be subtle at first. Common signs include dry lips, dry eyes, frequent urination, diarrhea, and in some cases, changes in the color of your urine. A condition called hypernatremia essentially dehydration due to excess nutrients can also occur, especially with overuse of vitamin C.

Q: Speaking of vitamin C, it seems to be a crowd favorite. Can it be misused too?

A: Definitely. Vitamin C is an antioxidant and is often seen as harmless, but excessive, unsupervised intake can still be dangerous. Just because it's available over the counter doesn't mean it should be used indiscriminately. The question isn't just what you're taking, but how and why you're taking it.

Q: There's a growing trend of using supplements for body enhancement. What's your take on that?

A: Supplements aimed at enhancing body weight or shape are still medications. While I understand the pressures—especially among young women to look

a certain way, it's important not to rely on hearsay from social media or conversations in trotros (public transport). There are safe, medically supervised ways to achieve your body goals. We want you to look good—but safely and healthily.

Q: What are some common misconceptions about multivitamins?

A: The most common one is thinking that taking a multivitamin replaces the need for a balanced meal. "I took my multivitamin, so I can skip breakfast"—that's a dangerous myth. Multivitamins are supplements, not substitutes. Another misconception is neglecting multivitamins in prescribed regimens. For example, a pregnant woman with anaemia who skips her iron or folic acid supplements is jeopardizing her health and the baby's development.

Q: Can everyone take the same type of multivitamin?

A: Not at all. Multivitamins are not one-size-fits-all. A child's needs are different from those of a pregnant woman, a diabetic patient, or an elderly person. The wrong supplement can be ineffective or even harmful. Always take one that suits your specific health condition or life stage.

Q: What about multivitamins marketed for hair, skin, and nails? Are those safe to take without a prescription?

A: Some of them can be safe, but you must be cautious. Before buying:

1. Make sure the product is **FDA-approved**.
 2. **Seek medical or pharmaceutical advice.**
 3. Be wary of **prices** quality matters.
 4. Understand the **dosage and administration**.
- And please **do not buy supplements from public transport vendors**. If you have chronic conditions like diabetes or hypertension, avoid high-mineral supplements unless cleared by your healthcare provider they can interfere with your medication and lead to serious complications, including stroke.

Q: Any final advice on multivitamin use?

A: Yes—be smart and safe. Avoid products marketed as magic pills that promise to treat every ailment under the sun. That's a red flag. Multivitamins have their place in healthcare, but they must be used rationally. Your goal to stay healthy or look good is valid—but always involve a professional in that journey.

Conclusion

Multivitamins can be powerful allies in achieving and maintaining good health—but only when used correctly. Whether you're reaching for supplements to correct a deficiency or improve your appearance, professional guidance is key. Your health is too important to leave to chance.

Gallery

The Health Community of West Africa Association, led by its **President**, Jiang Sihong, and **Vice President** Prince Opoku Dogbey together with a high profile delegation from the **Ghana Health Service** led by its **Deputy Director General**, Gaetan Charles Adangabey have visited China as part of efforts to strengthen partnerships between **Ghana** and **China** in improving healthcare in the West African subregion. Key Highlights include exploring academic collaboration with **Sichuan Vocational College of Health and Rehabilitation** and The Big Health Research Institute of the Hefei National Comprehensive Science Center. In addition, the visit is also to solidify final preparations with our Chinese partners for the biggest healthcare expo to be held in Ghana; the **2025 HCOWA West Africa Medical Industry Investment Summit and Expo**.

Below are sights and scenes from the visit.



Pulsating with Health and Wellness



Artificial Intelligence in Medicine:

An Introduction to Creative Diagnostics

Introduction

The world of medicine is evolving, and one of its most transformative forces is Artificial Intelligence (AI). From predicting illnesses to aiding complex surgeries, AI is becoming an indispensable partner in clinical decision-making. However, a new frontier is emerging within this landscape—one that blends technology with imaginative reasoning: Creative Diagnostics. This concept is not merely about automation; it is about enhancing the diagnostic process by allowing AI to support nuanced, innovative interpretations of medical data. This article explores how AI and Creative Diagnostics are being applied across specialties, the ethical frameworks guiding them, and their potential to revolutionize Ghana's healthcare system.

Understanding Artificial Intelligence and Creative Diagnostics

Artificial Intelligence in medicine refers to computer systems capable of mimicking human cognition to analyze data, identify patterns, and assist in clinical decisions (Jiang et al., 2017). These systems utilize various techniques, including machine learning, natural language processing, and computer vision, to process medical records, images, and genetic data.

Creative Diagnostics, on the other hand, represents an imaginative extension of conventional AI. It leverages reasoning models that simulate human creativity and clinical intuition. This approach allows AI to assist in complex, atypical, or rare cases by recognizing abstract patterns or suggesting novel hypotheses.

Applications Across Medical Specialties

In general practice, AI can scan health records to predict the onset of conditions such as heart failure or diabetes, facilitating early intervention.

In **radiology**, AI analyzes X-rays and MRIs with remarkable accuracy, often spotting abnormalities that may elude the human eye.

In **pathology**, Creative Diagnostics helps identify rare cancers by comparing biopsy samples to global databases.

In **pediatrics**, AI tracks developmental milestones through speech and behavior analytics, aiding early diagnosis of autism.

In **psychiatry**, AI models analyze voice tone, facial expressions, and text to detect early signs of depression and schizophrenia.

DR. GEORGE ACQUAH

Director of Artificial Intelligence & Digital Innovation –
Health Community of West Africa (HCOWA) Association

Public Health Physician - Korle Bu Teaching Hospital &
Lecturer - University of Ghana Medical School.

Three Real-World Scenarios

• Hidden Stroke in a Young Man

A 35-year-old male reports brief visual disturbances. Initial scans appear normal, but an AI model identifies subtle ischemic changes. Creative Diagnostics further correlates findings with rare stroke variants and recommends cardiac imaging. A patent foramen ovale is discovered and treated, preventing a larger stroke.

• Persistent Fever in a Child

A 5-year-old presents with high fever unresponsive to antibiotics. AI evaluates patterns from symptoms and lab data, proposing Kawasaki disease—a rare pediatric condition. Early diagnosis allows timely IVIG treatment, avoiding coronary complications.

• Silent Heart Attack in a Diabetic Woman

A 60-year-old diabetic woman complains of indigestion. ECG is inconclusive, but AI flags subtle T-wave anomalies. Creative Diagnostics evaluates gender-specific patterns, leading to the diagnosis of a non-ST elevation myocardial infarction. Treatment is initiated promptly.

Ethics, Data Protection, and Responsible Use

- **Transparency:** Systems must disclose how decisions are made.
- **Data Privacy:** Ghana's Data Protection Act (2012) must be enforced to guard personal health data.
- **Bias:** AI should be trained on diverse datasets to avoid perpetuating health disparities.
- **Safety:** AI recommendations must be supervised and validated by qualified clinicians.
- **Human Oversight:** Creative Diagnostics should enhance, not replace, human reasoning.

Transforming Ghana's Healthcare: Practical Benefits

- **Improved Workflow:** AI-driven triage and documentation can reduce hospital congestion.
- **Early Detection:** Community health centers equipped with AI can detect chronic conditions before complications arise.
- **Precision Medicine:** AI-guided recommendations ensure the right drug is given at the right dose.
- **Reduced Mortality:** Predictive analytics can lower maternal and neonatal deaths by up to 20% through risk alerts.
- **Revenue Generation:** Efficient diagnosis reduces waste, improves outcomes, and attracts medical tourism. A projected \$10 million annual saving is achievable by avoiding diagnostic redundancies (Topol, 2019).
- **Global Recognition:** Ghana can become a hub for digital health innovation in West Africa.

Targeted Recommendations

- Government of Ghana
 - Launch a National Centre for Medical AI and Diagnostics.
 - Allocate budget for AI infrastructure in all tertiary hospitals.
- Ministry of Health
 - Develop a policy framework for safe AI integration.



- Partner with universities to support AI training for clinicians.
- Ghana Health Service
 - Deploy pilot AI diagnostic units in rural districts.
 - Include AI modules in continuous professional development.
- Healthcare Workers
 - Embrace digital tools as augmenters of clinical expertise.
- Participate in multidisciplinary AI research and development.
- Patients and the Public
 - Be open to technology but remain informed.
 - Advocate for your data rights and ethical AI use.

Conclusion

Artificial Intelligence and Creative Diagnostics are ushering in a new era of medicine. Not only can they expand diagnostic capacity, but they also promise more humane, equitable, and efficient care. Ghana has a unique opportunity to lead Africa in this medical transformation. With sound leadership, ethical implementation, and national commitment, Creative Diagnostics can be the spark that modernizes Ghana's health system for generations to come.

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Andropause:

The Male Midlife Transition.

By Priscilla Akorfa Fomevor

As a man grows, there's a quiet shift that often goes unspoken, sometimes misinterpreted or simply ignored. It doesn't happen overnight, and it doesn't come with the kind of public awareness women's menopause typically receives. Yet, the experience is real, and for many, it can be deeply unsettling. This transition is known as andropause, often referred to as "male menopause." But unlike its female counterpart, andropause tends to sneak up on men—slowly, subtly, and sometimes with emotional and physical changes that leave them wondering what's really going on.

Andropause usually begins in a man's late 40s or 50s, although it can show up earlier or later depending on lifestyle, genetics, and overall health. At its core, andropause is a natural decline in testosterone—the hormone most closely associated with male energy, strength, libido, and mood. While a steady decline in testosterone is normal with age, for some men, the drop might be severe enough to cause symptoms.

Symptoms can emerge in a variety of ways, including low energy, difficulties concentrating, weight gain (particularly around the abdomen), muscle loss, decreased libido, erectile dysfunction, mood fluctuations and even feelings of melancholy or hostility. In some situations, men describe feeling less "themselves." For men who have come to associate their identity with physical stamina and sexual prowess, this adjustment can feel like an emotional shock.



What makes andropause challenging is that its signs often mirror other conditions. Fatigue? It could just be stress. Low mood? Maybe it's burnout from work or family responsibilities. As a result, many men push through, unaware that hormonal imbalance might be the underlying cause.

Self-awareness is the first step. Recognizing that the changes you are experiencing may be hormonal allows you to approach them with clarity rather than bewilderment. A visit to the doctor for a testosterone level test should be a start. Depending on the diagnosis, lifestyle changes, food changes, strength training and, in some situations, hormone replacement treatment may be suggested.

Just as important is the mental health piece. Andropause can stir deeper reflections on aging, purpose, relationships, and legacy. Therapy, mindfulness, or even open conversations with friends and partners can help process the emotional changes and reconnect with a sense of self.

Monkeypox

By Priscilla Akorfa Fomevor



The global outbreak of mpox, the disease formerly known as monkeypox, continues to challenge international health authorities, surpassing 100,000 confirmed cases across 122 countries. This significant spread, including into nations where the virus was previously unseen, underscores the persistent threat of the Ortho poxvirus family member and the urgent need for sustained public health action.

While historically concentrated in Central and West Africa, the current wave driven by clade II mpox has demonstrated alarming transmissibility. Sustained human-to-human transmission is now firmly established across East and Central Africa, notably in Burundi, the Democratic Republic of the Congo, Kenya, Malawi, Rwanda, South Sudan, Tanzania, Uganda, Zambia, and the Republic of the Congo. Sierra Leone faces a particularly acute situation, accounting for a staggering 58.2% of recent African cases, reporting 611 new infections in the last week alone.

The virus spreads through close contact with infected people or animals, or contaminated materials. Symptoms typically begin with fever, headache, and muscle aches, progressing to a distinctive rash. While many cases are mild, severe complications like pneumonia and secondary infections can occur, sometimes leading to death. In response, global health efforts are accelerating,

with vaccination forming a critical pillar of the defense strategy. Over 1.3 million vaccine doses have been administered worldwide so far. Sierra Leone, amidst its surge, has delivered more than 30,000 doses as of May. However, the scale of the outbreak demands significantly more; health officials project a need for an additional 6.4 million doses globally by August 2025 to effectively curb transmission, especially among high-risk groups.

Alongside vaccination campaigns, public health agencies are intensifying education drives. The message is clear: preventing mpox requires a community-wide effort. Key strategies include rigorously avoiding close contact with infected individuals, maintaining excellent hand hygiene, and using appropriate personal protective equipment (PPE) when caring for patients.

Health experts emphasize that individual awareness and informed decision-making are paramount. Understanding how mpox spreads, recognizing its symptoms, and adopting proven prevention measures are essential steps everyone can take to protect themselves, their communities, and ultimately help mitigate the broader impact of this evolving public health challenge. The fight against mpox demands vigilance and cooperation on a global scale.



Cardio vs. Strength Training?

Achieving Fitness Through a Balanced Workout Routine

By Priscilla Akorfa Fomevor

The age-old argument between cardio and strength training in fitness frequently leaves people unsure about how best to spend their time. In actuality, both provide special advantages that extend well beyond the physical realm; they not only shape our bodies but also provide us with vitality and happiness. Instead of comparing the two, it's useful to know what each offer and how they could support your individual objectives.

Strength training, often associated with weights and resistance exercises, does more than just build muscle. It reinforces the foundation of the body bones become denser, joints gain more support and metabolism often gets a long-term boost. This type of training enables the body to burn more calories even when one is at rest, making it quite a powerful ally in managing weight over time. There's also a profound sense of empowerment that comes from gradually building strength and watching your body become capable of more than it was the week before.

Cardio, on the other hand, brings a different kind of magic. Whether it's running, cycling, swimming or even a brisk walk, cardiovascular exercise gets the

heart pumping and the lungs working. It's widely known for improving heart health and stamina, as well as a great way for mental clarity. Many find that cardio acts like a moving meditation the rhythm of movement often calming a busy mind and lifting spirits. It's a natural mood booster; thanks to the endorphins it releases.

Choosing between the two doesn't have to be an either-or decision. The best approach often lies in combining them in a way that supports your life. If you're chasing endurance and want a healthier heart, cardio can be your go-to. If you're aiming to build a stronger body, strength training may be the key. Together, they offer a well-rounded foundation cardiovascular fitness for vitality and muscle strength for stability and function.

Ultimately, fitness isn't about fitting into a mold. It's about finding what energizes you, what keeps you grounded, and what makes your body feel good. Whether it's the steady heartbeat of a long run or lifting a barbell — both forms of movement have something valuable to offer.



Lightened-Up Stuffed Peppers

Lightened-Up Stuffed Peppers are a wholesome, flavorful twist on a classic comfort dish, perfect for a balanced meal. These vibrant bell peppers are filled with a nutritious blend of lean ground turkey or chicken, brown rice or quinoa, diced tomatoes, onions, and a medley of herbs and spices. Unlike traditional versions, this lighter recipe reduces saturated fat and sodium while still delivering rich, satisfying flavor. Easy to customize with different grains or vegetables, Lightened-Up Stuffed Peppers offer a delicious way to enjoy a well-rounded, colorful plate that's as nourishing as it is satisfying.

Ingredients

4 bell peppers (any color)
Kosher salt and freshly ground black pepper
4 teaspoons olive oil
2 cloves garlic, finely chopped
1 small onion, chopped
8 ounces 90-percent lean ground beef
1 teaspoon dried oregano
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cumin
2 tablespoons tomato paste
1 cup low-sodium chicken broth
1/2 cup long-grain white rice
1/3 cup brown lentils
1 tablespoon chopped fresh dill, parsley or 1/4 teaspoon dried mint

Directions

1. Preheat the oven to 400 degrees F. Cut the tops off

each pepper, reserve them and hollow out the insides of the peppers of any seeds and seed walls. Sprinkle the insides with a pinch salt and a pinch pepper and set aside.

2. Heat 1 teaspoon of the oil in a large nonstick skillet over medium heat and add the garlic and onions. Cook until softened, 3 minutes, and then add the beef, oregano, cinnamon and cumin. Cook, breaking up the meat with a wooden spoon, until no longer pink. Stir in 1 tablespoon of the tomato paste until it coats the meat and is slightly darkened. Stir in the broth, rice and lentils. Remove from the heat and set aside until the liquid is absorbed and the mixture is cooled slightly. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.

3. Divide the filling among the peppers and place the tops back on. Set the peppers upright in a small baking dish, such as an 8-inch square baking dish. Whisk 1 1/2 cups water with the remaining tablespoon of tomato paste and olive oil. Pour into the dish around the peppers. Cover tightly with foil and bake until the peppers are tender and the rice and lentils are cooked through, about 1 hour 15 minutes.

4. Carefully transfer the peppers to a serving dish and pour the cooking liquid into a medium nonstick skillet. Boil over high heat until the sauce is thickened and reduced to about 1/2 cup. Remove from the heat and add the dill. Season with salt and pepper. Serve the sauce with the stuffed peppers.

Breathing Easy:

Guide to Managing Asthma as a Family

By Priscilla Akorfa Fomevor

Asthma is more than a medical term for the child pausing at the playground's edge to use an inhaler in the pocket, or the parent examining weather apps for pollen forecasts. This chronic illness is characterized by irritated airways that tighten like clenched fists. The wheeze, cough, and gasp for air are not simply symptoms, but signs in a language learnt through experience.

The most persistent feature of asthma is its unpredictable nature. A bright morning might change with a breeze carrying wildfire smoke, a sprint across a soccer field, or even a fit of laughter. A dusty bookshelf, a neighbor's pet, and the crisp bite of winter air are all potential triggers. However, living with asthma is not about giving up; it is about adapting. Families become architects of safer environments, using air purifiers as shields and routines as plans. They learn to understand their surroundings one breath at a time.

Children in particular must balance a fine line between awareness and innocence. Loneliness and a silent yearning for normalcy can be triggered by missing a school play or a soccer match. A comfort zone is created through conversations that explain tight chests and rushed puffs, teachers who have been educated to spot silent assaults, and friends who share stories about inhalers rather than trading cards.

Managing this condition demands a mosaic of strategies. Preventative medications, emergency inhalers, and nebulizers are lifelines, but so is the wisdom to rest when the body whispers warnings. It's the parent who stocks emergency contact numbers like treasures, the teen who opts for a swim over a sprint, knowing water's embrace is gentler on their lungs. Awareness becomes second nature, a quiet vigilance that doesn't shout but steadily hums in the background.

Asthma may etch itself into daily routines, but it need not carve into identity. With each advance in treatment—smarter inhalers, targeted therapies—the horizon expands. Communities grow kinder, spaces safer, and stigma softer. Families once anchored by anxiety now chart courses toward adventure, armed with contingency plans and hope.

However, there is victory in the mundane—the joy of an allergy-free picnic, the deep, effortless breath after a rainy day. For people who have perfected the discipline of listening to their bodies, these triumphs are significant turning points. Although modern medicine provides tools, what really changes the story is the laughter and the bravery in the refusal to allow fear to define the course of life.

Washing Your Hands

By Yosua K. Domedjui

In our busy daily routines, handwashing might seem like a small, ordinary task. Yet this simple act holds the power to protect our health, prevent the spread of diseases, and even save lives. Hand hygiene is one of the most effective and affordable ways to reduce infections and improve public health especially in environments such as schools, hospitals, markets, and homes.

Our hands come into contact with countless surfaces throughout the day—doorknobs, money, mobile phones, handrails, and more. These surfaces can carry harmful germs like bacteria, viruses, and parasites. When we touch our faces, eat food, or rub our eyes without washing our hands, we unknowingly invite these germs into our bodies, putting ourselves and others at risk.

Diseases such as the flu, the common cold, diarrhea, and even more severe illnesses like COVID-19 and hepatitis A can be easily transmitted through dirty hands. Children, the elderly, and people with weakened immune systems are especially vulnerable. Handwashing with soap removes these invisible threats effectively and is far more powerful than rinsing with water alone.

But it's not just about health—it's about dignity and responsibility. Teaching children to wash their hands from an early age builds lifelong habits. Promoting hand hygiene in public spaces sends a message of care, respect, and prevention. In medical settings, proper hand hygiene is one of the strongest tools in reducing hospital-acquired infections and protecting both patients and caregivers.

The World Health Organization recommends washing hands at critical times—before eating or preparing food, after using the toilet, after coughing or sneezing, and after touching surfaces in public areas. Use clean, running water and soap, and scrub all parts of your hands—including the fingertips, between fingers, and under the nails—for at least 20 seconds.

In communities with limited access to clean water, hand sanitizers with at least 60% alcohol can also serve as a helpful alternative.

In short, washing your hands is a small act with enormous impact. It costs almost nothing, takes less than a minute, but can protect you and others from illness. As the saying goes, "Clean hands save lives." So let's make handwashing not just a habit, but a way of life.



Safe Ways to Keep Moving with Arthritis

By Marilyn Tiphaine Fifame

Arthritis is often associated with pain, stiffness, and limited mobility; but increasingly, research shows that exercise is not just safe but essential for managing the condition. Leading authorities such as the Mayo Clinic and the Arthritis Foundation emphasize that regular physical activity can dramatically improve the quality of life for those living with arthritis, particularly by supporting bone health and joint function.

For individuals with arthritis, physical activity offers a range of therapeutic benefits. Strengthening the muscles that support joints can reduce pressure and improve function. Exercise also promotes bone density, which is crucial in preventing fractures, a common risk for arthritis patients. Regular movement enhances circulation, helps to reduce inflammation, and maintains flexibility, which can combat joint stiffness.

The key to successful exercise for arthritis is choosing the right type of activities that are effective yet gentle on the joints. Experts suggest incorporating the following:

- **Range-of-Motion Exercises:** These include simple movements like shoulder rolls and slow stretches that maintain joint flexibility and reduce stiffness.
- **Strength Training:** Using resistance bands or light weights builds the muscles surrounding joints, increasing support and stability.
- **Low-Impact Aerobics:** Activities such as walking, swimming, and cycling boost cardiovascular health without overloading the joints.
- **Water-Based Workouts:** Exercising in water provides natural resistance while reducing joint impact, making swimming and water aerobics ideal for arthritis patients.
- **Balance and Core Strengthening:** Practices like yoga and Pilates help improve posture, coordination, and reduce the risk of falls important for those with fragile bones.

While the benefits are significant, it's crucial to approach exercise with caution and personalization:

- Begin slowly and increase intensity at a comfortable pace.
- Prioritize low-impact exercises to prevent joint strain.
- Listen to your body; pain is a signal to rest or modify the activity.
- Consider working with a physical therapist to develop a program tailored to your condition and goals.

For arthritis patients, exercise isn't just about movement, it's about reclaiming control, reducing pain, and building a healthier future. With the right approach, physical activity becomes a powerful, drug-free tool to support both joint mobility and bone strength, ultimately improving day-to-day comfort and long-term well-being.

Source: Arthristis Foundation

Reversing Type 2 Diabetes

A Ghanaian Doctor's Bold New Approach



Dr. Robert Senanu Attipoe

*(Special Assistant to the Health Minister
in Charge of Clinical Medicine & Social or
Preventive Medicine)*

When Dr. (Med) Robert Senanu Attipoe set out to explore a better way to treat Type 2 Diabetes, he wasn't looking inside a pharmaceutical lab. Instead, he turned to a far more accessible source: the everyday kitchen. What he discovered could redefine how we approach one of the world's fastest-growing chronic illnesses.

For years, millions have relied on daily medications to manage Type 2 Diabetes—a condition where the body either resists insulin or fails to produce enough of it. But in a bold move, Dr. Attipoe's research, conducted under Ghana's Ministry of Health, has revealed a natural, food-based method that has led several patients to full recovery, without the continued use of drugs.

His approach? Strip the diet down to the essentials

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and let the body do what it's meant to—heal. At the heart of Dr. Attipoe's protocol is the complete elimination of carbohydrates. Instead, he prescribes a diet of vegetable proteins, such as beans, paired with green leafy soups like kontomire or ademe—an African dish commonly prepared by the people of Ghana.

He encourages patients to test their blood sugar daily and work closely with their doctors to gradually reduce medication as glucose levels stabilize. The focus is not on suppressing symptoms, but on removing the root causes of elevated blood sugar—primarily dietary choices and hidden toxins in everyday foods.

Unlike calorie counting or restrictive dieting trends, this method is refreshingly straightforward. It doesn't just reduce sugar intake—it eliminates the metabolic triggers that cause glucose spikes altogether.

Dr. Attipoe also discovered that common cooking additives such as "Kanu" (popularly used to soften beans) and seasoning cubes popular in many stews could sabotage recovery efforts by artificially inflating blood sugar levels. When these additives were removed, patients' progress accelerated.

One patient saw no improvement with traditional medication until a single dose of Prednisolone was used to flush what was believed to be food-based toxins from her system. Her glucose levels dropped significantly overnight.

Madam Akua Anderson and Mrs. Regina Nettoy are testimonial patients who followed the plan and reversed their Type 2 Diabetes in under two months. Their stories are not just anecdotal—they represent a promising new direction for diabetes management, one that empowers patients to reclaim control of their health through food.

Dr. Attipoe stresses the importance of preparing food at home to avoid hidden chemicals and additives. "Eat from your own pot, when you know what goes into your food, you control your health," he advises.

The Essentials of Dr. Attipoe's Anti-Diabetes Plan:

- 1. Cut out all carbohydrates completely.**
- 2. Eat only vegetable proteins (like beans) and green leafy soups.**
- 3. Avoid food chemicals—no seasoning cubes or cooking softeners.**
- 4. Prepare meals at home and monitor your blood sugar daily.**
- 5. Work with your doctor to adjust medications as needed.**
- 6. Support your body with vitamins if needed during recovery.**

He also recommends supplementing with a daily multivitamin like Centrum during the transition period, especially if energy levels dip. Dr. Attipoe's work serves as a powerful reminder: sometimes, the best medicine isn't found in a bottle. It's already on your plate.

Health Terms

Below are some common health terms on medical conditions

- **Hyperglycemia:** High blood sugar, a condition where the level of glucose in the blood is too high, often associated with diabetes.
- **Hypothyroidism:** A condition where the thyroid gland doesn't produce enough thyroid hormones, which can lead to fatigue, weight gain, and other symptoms.
- **Chronic disease:** A long-term health condition that often requires ongoing management, such as diabetes, heart disease, or arthritis.
- **Acute disease:** A short-term health condition that often requires immediate attention, such as a cold, flu, or injury.
- **Prognosis:** The likely outcome or forecast of a disease or condition, based on medical evaluation and treatment.

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