

Health Pulse

magazine



Editorial:
Endometriosis - How
Much Pain Is Too Much?
See page.....03

Health and Technology:
Multiple Sclerosis: When
the Body Turns Against
Its Own Nerves
See page..... 09

Health Myth Buster:
Why looking Healthy
can be deceptive
See page..... 12





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
Expo Advert	5 - 16
Space for Advert	17 - 18
Men's Health	19 - 20
Disease in Focus	21 - 22
Feature Interview	23 - 24
Healthy Living	25
Family Health	26
Association Desk	27 - 28
Health Article	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.

EXECUTIVE PUBLISHERS

Mr. David Tai
Anna Jiang

DEPUTY PRESIDENT

Prince Opoku Dogbey

GROWTH AND STRATEGY TEAM

David Tai
Sihong Jiang
Prince Opoku Dogbey

CHIEF EDITOR

Gloria Addo

EDITORIAL CREATIVE DESIGNERS

Emmanuel Lawoh Teleno
Banahene Kwame Osei-Assibey

INFORMATION TECHNOLOGY

Prince Kudowor
Gilman Shan

CONTENT DEVELOPERS

Gloria Addo
Priscilla Akorfa Fomevor
Marilyn Tiphaine Fifame
Alberta Okyere



How Much Pain Is Too Much?

The Hidden Agony of Endometriosis.

Endometriosis is a chronic gynecological condition affecting an estimated 10% of women of reproductive age globally, yet it remains widely underdiagnosed. Characterized by the growth of endometrial-like tissue outside the uterus, the condition often causes severe pelvic pain, heavy menstrual bleeding, and infertility. Despite its prevalence, many women normalize their pain, enduring discomfort that is far beyond what is medically typical. The key question remains: how much pain is too much?

Medical evidence suggests that menstrual pain should not interfere with daily life. According to the American College of Obstetricians and Gynecologists (ACOG), dysmenorrhea that limits school, work, or social activities—or is unrelieved by over-the-counter analgesics—warrants further investigation. In women with endometriosis, pain is often chronic, sometimes extending beyond menstruation and manifesting as lower back pain, pain during intercourse, or gastrointestinal discomfort. Research published in *Human Reproduction Update* indicates that women with moderate-to-severe endometriosis report pain levels comparable to those experienced in acute medical conditions like kidney stones. This underscores that intense pain is not “normal” menstruation—it is a signal of a pathological process.

Early diagnosis is critical. Delays in recognizing endometriosis, which can be as long as 7–10 years, worsen physical and psychological outcomes. Chronic pain triggers inflammation, nerve sensitization, and even changes in brain pain perception, increasing vulnerability to anxiety and depression. Diagnostic approaches now combine clinical evaluation, imaging studies like transvaginal ultrasound or MRI, and sometimes laparoscopy for confirmation.

Management is individualized, often combining hormonal therapy to suppress lesion growth, NSAIDs for pain control, and in severe cases, surgical excision of lesions. Evidence shows that laparoscopic removal of endometriotic tissue can

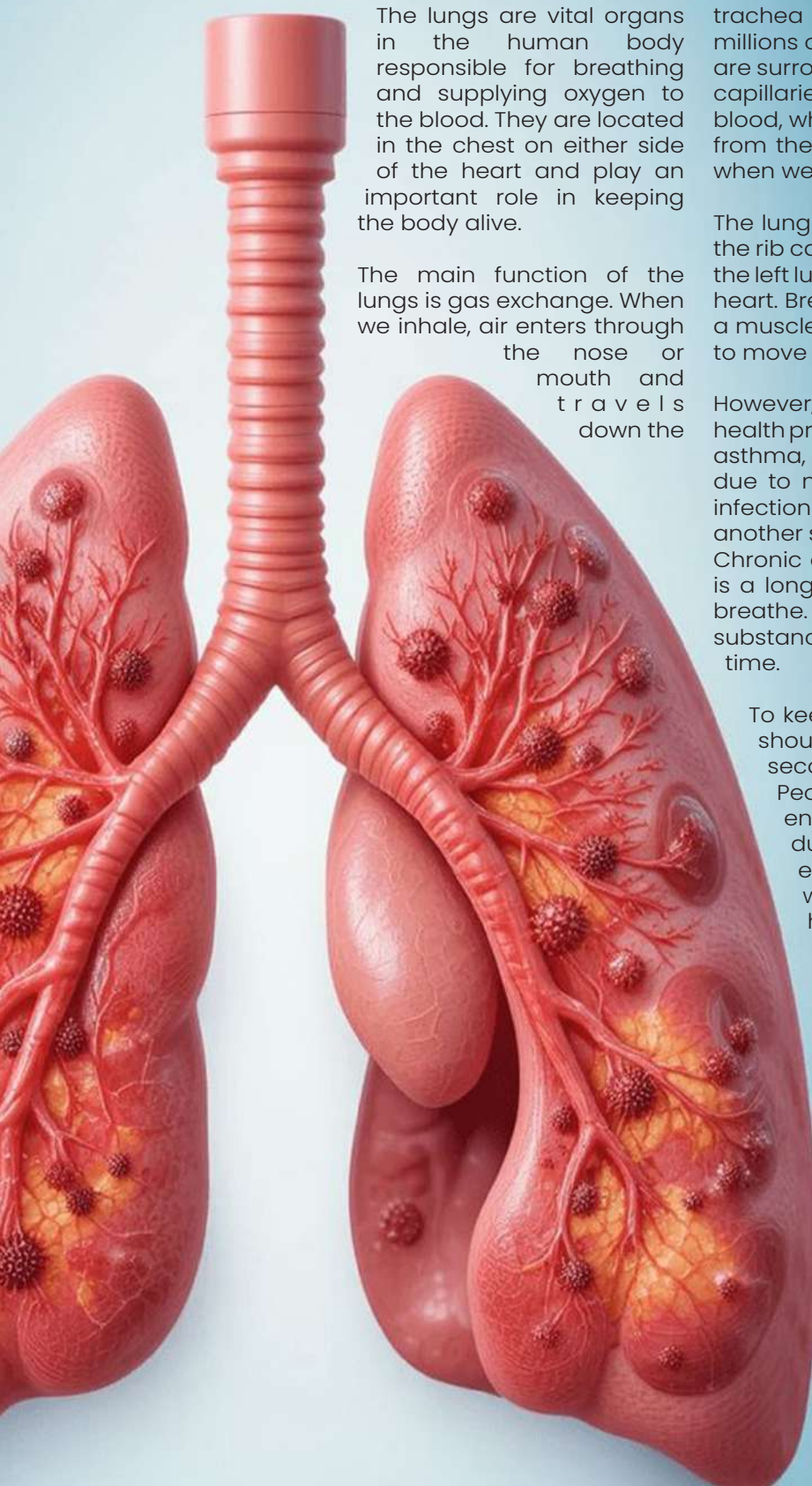
reduce pain by 50–70% and improve quality of life. Lifestyle interventions, including regular exercise and dietary modifications, have also demonstrated modest benefits in reducing symptom severity.

In conclusion, no woman should accept excruciating menstrual or pelvic pain as normal. Persistent, severe discomfort is a red flag that warrants medical attention. Awareness, early intervention, and evidence-based management can not only relieve suffering but also preserve fertility and enhance overall quality of life. Endometriosis may be common, but crippling pain should never be tolerated.



The Lungs

By Diana Yeboah



The lungs are vital organs in the human body responsible for breathing and supplying oxygen to the blood. They are located in the chest on either side of the heart and play an important role in keeping the body alive.

The main function of the lungs is gas exchange. When we inhale, air enters through the nose or mouth and travels down the

trachea into the lungs. Inside the lungs are millions of tiny air sacs called alveoli. These sacs are surrounded by small blood vessels known as capillaries. Oxygen from the air passes into the blood, while carbon dioxide, a waste gas, moves from the blood into the alveoli and is removed when we exhale.

The lungs are soft, spongy organs protected by the rib cage. The right lung has three lobes, while the left lung has two lobes to create space for the heart. Breathing is controlled by the diaphragm, a muscle that contracts and relaxes to allow air to move in and out of the lungs.

However, the lungs can be affected by several health problems. Common lung diseases include asthma, which causes difficulty in breathing due to narrowed airways, and pneumonia, an infection that inflames the air sacs. Lung cancer is another serious disease, often linked to smoking. Chronic obstructive pulmonary disease (COPD) is a long-term condition that makes it hard to breathe. Air pollution and exposure to harmful substances can also damage the lungs over time.

To keep the lungs healthy, certain measures should be taken. Avoiding smoking and secondhand smoke is very important. People should also try to stay in clean environments and reduce exposure to dust and harmful chemicals. Regular exercise helps improve lung function, while good hygiene, such as washing hands often, can prevent infections. Eating a balanced diet and drinking enough water also support overall lung health.

In conclusion, the lungs are essential organs that help us breathe and stay alive. Although they can be affected by diseases and environmental factors, adopting healthy habits can protect them and ensure they function properly throughout life.

Health Community of West Africa Association Honors The 14th China Medical Team to Ghana at The Conclusion of Their Service.

The Health Community of West Africa Association hosted a memorable farewell ceremony to honour the 14th China Medical Team to Ghana, as the team officially concludes their mission at China-Ghana Friendship Hospital (Lekma Hospital) in Accra marking a significant milestone in international healthcare collaboration.

The ceremony which took place on the 25th March, 2026 at Labadi Beach Hotel, Accra brought together distinguished personalities from Ghana's

healthcare industry notably Dr. Gaeten Charles Adangbey, Chief Physiotherapist, of Ghana Health Service, Dr. Yussif Yabuku, Registrar of Traditional Medicine Practice Council, Dr. Anastasia Yirenkyi, Director of Traditional and Alternative Medicine, Dr. Samuel Duncan, President of COA Ministry of Health alongside representatives from the Health Commission of Guangdong Province, China. Their presence highlighted the importance of global partnerships in advancing quality healthcare delivery and addressing critical medical needs

across communities.

Over the course of their service, the China Medical Team worked closely with Health Community of West Africa Association on a range of impactful joint initiatives that significantly strengthened healthcare delivery in Ghana. Their dedicated efforts at the China-Ghana Friendship LEKMA Hospital included providing medical care to numerous patients and performing advanced surgical procedures.





In collaboration with the HCOWAA Medical and Academic Exchange Committee (HMAEC), the team also contributed to training and mentoring local healthcare professionals, while further supporting knowledge transfer through the West Africa Traditional Medical Exchange Committee (WATMEC).

Beyond clinical work, they actively co-organized healthcare events and webinars with Health Community of West Africa Association, fostering professional exchange and continuous learning.

These combined efforts have been instrumental in improving patient care, enhancing local medical capacity, and promoting

strong and sustainable China–Ghana medical cooperation.

After the presentation, the Captain of the 14th Batch China Medical Team to Ghana, Dr. Yongguang Yang, expressed appreciation for the honour and motivated the new team to dedicate themselves wholly to the service.

Health Community of West Africa Association continues to drive healthcare innovation through strategic partnerships, empowering healthcare professionals, and exploring new avenues for collaboration in contributing to stronger, more resilient health systems across West Africa.



Living With Multiple Sclerosis As A Woman

By Alberta Okyere

Multiple Sclerosis (MS) is a chronic autoimmune disease that affects the central nervous system and has a disproportionate impact on women. According to the National Multiple Sclerosis Society, women are two to three times more likely to develop MS than men. Although the exact cause remains unknown, researchers believe that hormonal, genetic, and environmental factors all contribute to this gender disparity.

MS affects the brain and spinal cord, disrupting communication between the body and the nervous system. Symptoms vary from person to person but commonly include vision problems, muscle weakness, fatigue, balance issues, and cognitive changes. Many women experience a relapsing-remitting pattern, where symptoms worsen temporarily (relapses) and are followed by periods of recovery.

Beyond general symptoms, MS can significantly affect women's reproductive health. Some studies suggest that women with MS may experience changes in menstrual cycles, possible fertility challenges, and a slightly increased risk of miscarriage. Pregnancy can also influence the course of the disease. Many

women report fewer relapses during pregnancy due to hormonal changes, but there may be a higher risk of relapse in the postpartum period.

While there is currently no cure for MS, several treatment options are available to help manage the condition and slow its progression. These include disease-modifying therapies, medications to control specific symptoms, and lifestyle strategies such as regular exercise, balanced nutrition, and stress management.

Diagnosis typically involves a combination of neurological examination, MRI scans, and laboratory testing. Early diagnosis is crucial, as it allows for timely intervention that can significantly improve long-term outcomes and quality of life.

Despite the challenges, women living with MS can lead active and fulfilling lives with proper care and support. Building a strong support system—including healthcare providers, family, and peer groups—is essential. Increased awareness and education about MS will help ensure better care, early diagnosis, and improved quality of life for women affected by this condition.

Scientists Find New Bacterial Target for Drug-Resistant TB

Scientists have announced a breakthrough that could lead to new treatments for drug-resistant tuberculosis (TB), one of the world's deadliest infectious diseases.

Researchers from Imperial College London and the London School of Hygiene & Tropical Medicine (LSHTM), working with Johnson & Johnson Innovative Medicine, have identified a crucial vulnerability in the bacteria that causes TB, *Mycobacterium tuberculosis*. Their findings are published in the journal *Nature*.

TB remains a major global killer, responsible for over 1.25 million deaths in 2023. Treatment is challenging, requiring patients to take multiple antibiotics for a long time. The difficult side effects often mean people don't finish their course, which has led to the rise of dangerous drug-resistant strains.

"TB is still a major global problem, to make progress, we need a new and radical approach," said Dr. Gerald Larrouy-Maumus from

Imperial's Department of Life Sciences, a study co-author.

The team has potentially found just that. By screening thousands of compounds, they discovered a molecule, JNJ-6640, that potently stops the TB bacteria from replicating. They found it works by inhibiting a bacterial enzyme called PurF.

The bacteria need PurF to produce purines—essential molecules for their metabolism and survival. While some germs can steal purines from their human host, the researchers proved that *M. tuberculosis* cannot. This makes the PurF enzyme an "Achilles' heel." When the team blocked it with JNJ-6640 in animal trials, the TB infection was significantly

reduced.

While JNJ-6640 itself isn't stable enough to become a pill, the discovery of this new drug target is what matters most. It opens up an entirely new strategy for developing medications that can overcome existing drug resistance by attacking the bacteria from a different angle.

"There were a lot of hits but one we were quite excited about, we found one that's incredibly potent against TB," said co-author Dr. William Pearson at LSHTM. Efforts are now ongoing to develop new drug candidates that can safely and effectively target PurF, offering new hope in the global fight against TB.

Source: Imperial



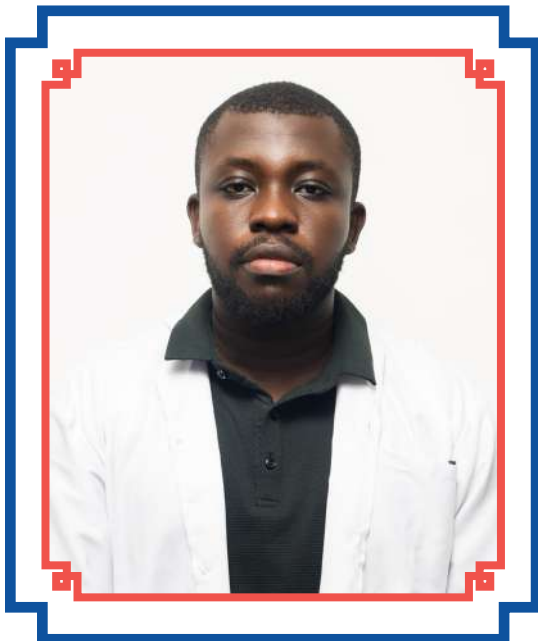
Multiple Sclerosis:

When the Body Turns Against Its Own Nerves

Many people have heard of stroke, diabetes, or hypertension, but only a few are familiar with Multiple Sclerosis (MS), a long-term condition that affects the brain, spinal cord, and the nerves that control movement, sensation, and coordination.

Despite not being very common, multiple sclerosis remains one of the most unpredictable neurological diseases because it can affect each person in a completely different way.

Multiple sclerosis occurs when the body's immune system mistakenly attacks the myelin sheath, the protective covering around nerve fibers. This covering normally allows electrical signals to travel quickly from the brain to other parts of the body.



Dr. Kwadwo Danso

Medical Laboratory Scientist-
Essence Clinic and Medical
Laboratory

When it becomes damaged, these signals slow down or stop completely, leading to problems with movement, vision, balance, and even thinking.

What makes this condition unique is that the damage does not happen all at once. It may occur gradually, in episodes, or sometimes without warning.

Why Multiple Sclerosis Is Difficult to Understand

One of the biggest challenges with MS is that its symptoms often look like those of many other diseases. A patient may complain of tiredness, numbness, or blurred vision, which can easily be mistaken for stress, vitamin deficiency, or infection. Because of this, diagnosis is sometimes delayed.

In clinical practice, patients with MS may present with:

- Unexplained weakness in the arms or legs
- Difficulty maintaining balance while walking
- Tingling or loss of sensation
- Double or blurred vision
- Extreme fatigue even after rest
- Problems with memory or concentration

These symptoms may appear, disappear, and return again after weeks or months. This pattern is known as relapse and remission, and it is one of the key features of multiple sclerosis.

Possible Causes and Risk Factors

The exact cause of MS is still not fully known, but research shows that several factors may contribute to its development.

These include:

- Abnormal immune system response
- Genetic tendency in some families
- Viral infections that may trigger the disease
- Low vitamin D levels due to limited sunlight exposure
- Environmental influences.

The disease is most often diagnosed in young adults, especially between the ages of 20 and 40 years, and studies show that women are affected more frequently than men.

How Multiple Sclerosis Is Diagnosed

Diagnosing MS requires careful investigation because no single test can confirm it alone. Doctors usually combine clinical findings with laboratory and imaging tests.

Common investigations include:

- MRI scan to detect damage in the brain or spinal cord
- Blood tests to rule out other conditions
- Examination of cerebrospinal fluid
- Neurological assessment to check reflexes and coordination

From a laboratory point of view, these tests are important because they help exclude infections, autoimmune diseases, and metabolic disorders that may produce similar symptoms.

Treatment Does Not Cure, But It Helps Control the Disease

There is currently no permanent cure for multiple sclerosis, but modern medicine has made it possible to control the disease and reduce its progression.

Treatment may involve:

- Drugs that reduce immune system attack on nerves
- Medicines to control pain, stiffness, or fatigue
- Physiotherapy to maintain muscle strength
- Healthy lifestyle practices such as good nutrition, exercise, and stress control

Early diagnosis is very important because treatment started at the right time can slow down nerve damage and help the patient live a normal life for many years.

Living With Multiple Sclerosis

Although MS is a chronic condition, it does not mean the end of a productive life. Many people living with multiple sclerosis continue to work, raise families, and stay active. The key to managing the disease is proper medical care, regular monitoring, and strong emotional support.


Public education about multiple sclerosis is still needed, especially in developing countries, where symptoms may be ignored until the disease becomes advanced.

Understanding the condition can help people seek medical attention early and avoid complications. Multiple sclerosis reminds us that not all diseases are visible from the outside. A person may look healthy but still struggle with nerve damage affecting everyday activities.

With increasing awareness, improved diagnosis, and better treatment options, there is hope that people living with MS can continue to live full and meaningful lives.



Nigeria's Lassa Fever Outbreak Takes a Deadlier Turn, Alerting Health Officials



Despite a recent decline in the number of new infections, Nigeria is facing an alarming rise in the death rate from Lassa fever, sparking concern among health authorities.

According to the Nigeria Centre for Disease Control (NCDC), the country recorded 65 new cases in the last week of February, a decrease from 77 cases reported the previous week. However, the case fatality rate has surged to over 23 percent, a stark increase from just under 19 percent during the same period last year. This means the disease is proving lethal in a significantly higher proportion of those infected.

Health officials attribute this worrying trend primarily to delays in patients seeking medical care. The NCDC also points to persistent challenges such as poor sanitation and low awareness in communities with a high burden of the disease as contributing factors. Lassa fever

is endemic in Nigeria, with the first identified cases dating back to 1969 in the northern town of Lassa.

The virus, which belongs to the same family as Ebola and Marburg, can cause severe symptoms including fever, vomiting, and internal bleeding, particularly when diagnosis is delayed. While 80 percent of cases are asymptomatic, the current rise in fatalities highlights the dangers of late intervention. Notably, individuals between the ages of 21 and 30 are currently the most affected, and infections among healthcare workers have also increased.

In response, the NCDC is intensifying efforts to curb the outbreak. The agency is supporting local authorities with enhanced surveillance and contact tracing, deploying rapid response teams to hotspots, and distributing personal protective equipment to health facilities. With no licensed vaccine available for Lassa fever, these public health measures are crucial to preventing further deaths.

Source: AfricanNews



Why looking Healthy can be Deceptive

By Marilyn Tiphaine Fifame

It's a common belief: if someone looks healthy, they must be fine. But for people living with Multiple Sclerosis, this assumption couldn't be more misleading and sometimes, deeply harmful.

Picture this: a young professional walks into work smiling, neatly dressed, and energetic. By noon, she's silently battling crushing fatigue so intense it feels like her body is shutting down. By evening, her vision blurs, her legs feel numb, and her thoughts slow to a fog. Yet, to everyone around her, she "looks perfectly okay."

Here's the shocking truth: MS symptoms can be invisible, unpredictable, and profoundly disabling all at once. The immune system mistakenly attacks the protective covering of nerves, disrupting communication between the brain and body. The result? A person might lose balance without warning, forget words mid-sentence, or feel electric-shock sensations with simple neck movements.

One of the biggest myths is that MS mainly affects mobility. While some people use canes or wheelchairs, many don't. Instead, they struggle with hidden symptoms: overwhelming fatigue, chronic pain, dizziness, and cognitive "brain fog." These can be just as disabling as visible physical limitations yet they're often dismissed.

Another surprising reality: MS doesn't follow a predictable path. Someone might appear well today and be unable to function tomorrow. This fluctuation leads to misunderstanding. Comments like "But you looked fine yesterday!" can unintentionally minimize a very real struggle.

The danger of this myth goes beyond hurt feelings. When symptoms are ignored, people may delay seeking help, push themselves too hard, or face stigma at work and in social settings. This can worsen both physical and mental health.

The real myth to bust? Health is not always visible. Understanding that someone can look strong while fighting a silent neurological battle is the first step toward empathy.

Because sometimes, the strongest people in the room are the ones silently fighting battles no one else can see.



Mindfulness and Meditation:

Cultivating Calm in Everyday Life

By Diana Yeboah

In today's fast-paced world, stress and anxiety have become common companions. Mindfulness and meditation offer practical ways to cultivate calm, improve mental clarity, and enhance overall well-being. These practices are not just trends; they are evidence-based methods that help the mind stay grounded and resilient in the face of daily challenges. Mindfulness is the practice of paying full attention to the present moment without judgment. It encourages awareness of thoughts, feelings, and bodily sensations, helping individuals respond to stress more intentionally rather than react impulsively. Simple techniques, such as focusing on the breath or observing surroundings in detail, can be practiced anywhere—at home, work, or even during a short walk. Over time, mindfulness improves emotional regulation, reduces anxiety, and enhances focus and decision-making.

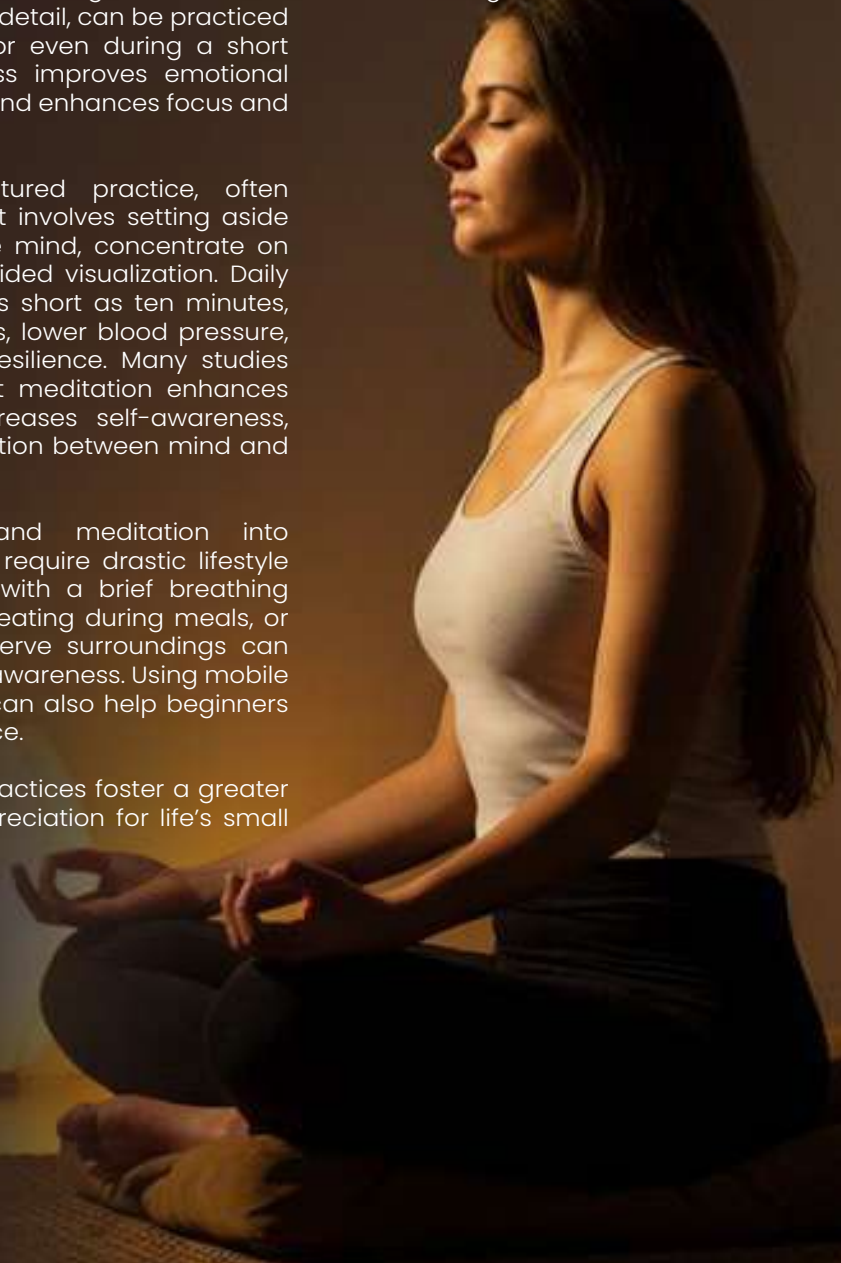
Meditation, a more structured practice, often complements mindfulness. It involves setting aside dedicated time to quiet the mind, concentrate on the breath, a mantra, or guided visualization. Daily meditation sessions, even as short as ten minutes, can reduce stress hormones, lower blood pressure, and boost overall mental resilience. Many studies have shown that consistent meditation enhances cognitive performance, increases self-awareness, and strengthens the connection between mind and body.

Integrating mindfulness and meditation into everyday routines does not require drastic lifestyle changes. Starting the day with a brief breathing exercise, practicing mindful eating during meals, or taking short pauses to observe surroundings can create pockets of calm and awareness. Using mobile apps or guided recordings can also help beginners establish a consistent practice.

Beyond stress relief, these practices foster a greater sense of presence and appreciation for life's small

moments. They encourage patience, compassion, and a non-judgmental attitude towards oneself and others, which improves interpersonal relationships and emotional well-being.

Ultimately, mindfulness and meditation are tools that empower individuals to navigate life's pressures with balance and clarity. By dedicating just a few minutes each day, anyone can cultivate calm, strengthen mental health, and enhance overall quality of life. Incorporating these practices into daily routines is a simple yet powerful step towards lasting mental and emotional wellness.



When Tuberculosis Shows on the Skin

By Alberta Okyere

Tuberculosis (TB) is widely known as a serious infectious disease that mainly affects the lungs. However, tuberculosis can also affect other parts of the body, including the skin. When TB affects the skin, the condition is known as cutaneous tuberculosis. Although it is less common than lung tuberculosis, it can still cause significant health problems if not diagnosed and treated early.

Cutaneous tuberculosis occurs when the bacteria *Mycobacterium tuberculosis* infect the skin. This can happen when the bacteria spread from another infected part of the body through the bloodstream or when the bacteria directly enter the skin through cuts or wounds. In some cases, skin tuberculosis may develop in people who already have TB in the lungs or lymph nodes.

Symptoms of skin tuberculosis can vary depending on the type and severity of the infection. Common signs include skin sores, reddish-brown patches, lumps, ulcers, or lesions that do not heal easily. These skin changes may gradually grow larger and can sometimes cause pain or discomfort. In some cases, the affected skin may become thick, swollen, or scarred over time.

One of the challenges with cutaneous tuberculosis is that it can easily be mistaken for other skin conditions such as fungal infections or chronic

wounds. Because of this, proper medical testing is necessary to confirm the diagnosis. Doctors may perform skin biopsies, laboratory tests, or other examinations to identify the presence of the TB bacteria.

Fortunately, Tuberculosis affecting the skin can be treated with the same antibiotics used to treat pulmonary tuberculosis. Treatment usually involves taking a combination of medications for several months to completely eliminate the bacteria. Early treatment is very important because it helps prevent complications and permanent skin damage.

Maintaining good health and seeking medical care when unusual skin symptoms appear are important steps in preventing complications from tuberculosis. Public health awareness is also essential, especially in areas where TB is still common. Early diagnosis, proper treatment, and regular medical follow-up can help individuals recover and maintain healthy skin.

In conclusion, while tuberculosis is often associated with lung disease, it can also affect the skin. Understanding the signs of cutaneous tuberculosis and seeking early treatment can play a major role in protecting both skin health and overall wellbeing.



2026

CHINA-WEST AFRICA
MEDICAL AND HEALTH INDUSTRY

EXPO & AI DEPLOYMENT
AND PROJECT
COOPERATION SUMMIT

2026中国-西非医疗健康产业博览会
暨AI诊疗部署及项目合作峰会



300+
Exhibitors



5000+
Medical
Practitioners



16
West African
Countries



20+
International
Countries



**HANA
INVESTMENT
PROMOTION
CENTRE**

UNICOM
ENGINEER LIMITED

HCOWA

MEDEK

**HUMAN CAPITAL MEDICAL
EQUIPMENT CO., LTD.**

MEDEK

Hand Hygiene Station

MEDEK

Hand Hygiene Station

MEDEK

Compressor Station

MEDEK

Hand Hygiene Station



**19th -21st
August, 2026**



**Accra International
Conference Centre,
GHANA**



**To Participate or For Further Inquiries,
Contact 053 103 5868**



DS
TY

Tuberculosis:

A Preventable Threat We Can't Afford to Ignore

By Nurse Abigail Afoley Otu
(General nurse, Osudoku district Hospital)

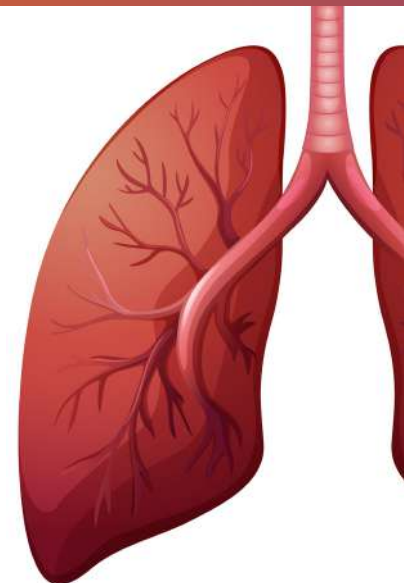
Tuberculosis (TB) remains one of the world's most persistent infectious diseases yet it is both preventable and treatable with the right knowledge and action.

TB is caused by bacteria that primarily affect the lungs. Although invisible to the naked eye, the disease spreads easily through the air. When inhaled, the bacteria can settle in the lungs and begin to cause damage, often without immediate symptoms.

Transmission occurs when an infected person coughs, sneezes, or even speaks, releasing tiny

droplets into the air. Anyone nearby who inhales these droplets may become infected. This makes crowded and poorly ventilated environments particularly high-risk, as the bacteria can linger in the air and spread more easily.

While anyone can contract TB, some individuals are more vulnerable. People with weakened immune systems including those living with HIV or diabetes – are at greater risk, as their bodies are less able to fight off infection. Children and older adults are also more susceptible. In addition, lifestyle factors such as smoking and poor nutrition further increase vulnerability. Smoking damages the lungs, while inadequate nutrition weakens the body's natural defenses.



One of the most concerning aspects of TB is that it does not always present symptoms immediately. Some individuals carry what is known as latent TB, where the bacteria remain inactive in the body. Although this stage does not make a person sick or contagious, it can become active if the immune system becomes compromised, leading to illness.

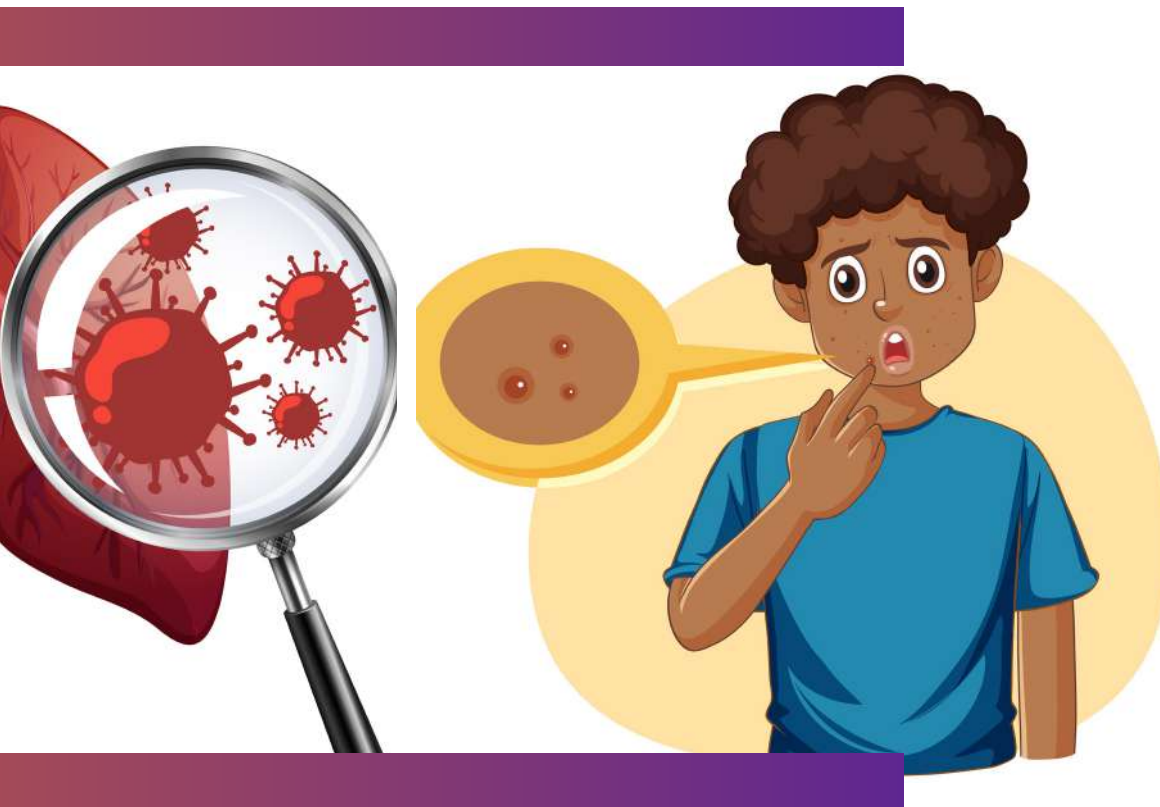
Environmental conditions play a significant role in the spread of TB. Overcrowded living spaces and poor ventilation create ideal conditions for transmission. In such settings, shared air increases the likelihood of inhaling infectious droplets, highlighting the importance of proper airflow and healthier living conditions.

Healthcare workers, particularly nurses, are at the forefront of TB prevention and control. Through community education, they raise awareness about how TB spreads, promote early testing,

and emphasize the importance of completing treatment. Adherence to treatment is essential, as incomplete treatment can lead to more severe health complications and drug-resistant TB.

Ultimately, tuberculosis is a disease that can be controlled with awareness and collective action. By understanding how it spreads, recognizing risk factors, and adopting preventive habits such as improving ventilation, maintaining good nutrition, and seeking timely medical care, individuals and communities can significantly reduce its impact.

TB may be a silent threat, but with informed communities and strong healthcare support, it is one we can overcome.



The Man & Tuberculosis

By Alberta Okyere

Tuberculosis (TB) remains one of the leading infectious diseases affecting people worldwide, with men bearing a disproportionate burden. In many countries, including Ghana, men are more likely to develop TB and experience severe outcomes compared to women. This makes tuberculosis not only a medical issue but also a significant public health concern.

Tuberculosis is caused by bacteria that primarily affect the lungs and spreads through the air when an infected person coughs or sneezes. Common symptoms include a persistent cough lasting more than two weeks, chest pain, fever, night sweats, and unexplained weight loss. Despite these clear

warning signs, many men delay seeking medical attention, which increases the risk of complications and transmission to others.

Several factors contribute to the higher rates of tuberculosis among men. Social and cultural expectations often discourage men from visiting healthcare facilities unless symptoms become severe. In addition, men are more likely to engage in risk behaviors such as smoking and excessive alcohol consumption, both of which weaken the immune system and increase susceptibility to tuberculosis infection. Limited access to healthcare services and stigma associated with the disease also play a role in delayed diagnosis and treatment.



Prevention and early detection are key to controlling tuberculosis. Men are encouraged to seek medical care immediately if they notice symptoms. Regular screening, especially for those at higher risk, can help detect the disease early. Practicing good respiratory hygiene and avoiding close contact with infected individuals can also reduce the risk of transmission.

Treatment for tuberculosis typically involves a strict six-month course of antibiotics. Completing the full treatment

is essential to ensure complete recovery and to prevent drug-resistant forms of the disease. With proper care and adherence to treatment, Tuberculosis is both preventable and curable.

Raising awareness and promoting health-seeking behavior among men are crucial steps in reducing the burden of tuberculosis and improving overall community health.



Yes! We Can End TB

Commit, Invest, Deliver A Call To Action For 2026

Tuberculosis (TB) remains one of the world's deadliest infectious diseases despite being preventable and curable. While global progress has been made, the burden is still significant. In 2022, TB was the second leading cause of death from a single infectious agent after COVID-19, causing nearly twice as many deaths as HIV/AIDS. By 2024, an estimated 10.7 million people fell ill with TB, and 1.23 million lost their lives. These figures underscore the urgency of renewed commitment and action.

In Ghana, the National Tuberculosis Control Programme (NTP) continues to make commendable strides. In 2024, the country achieved a treatment success rate of 90.6% among 20,599 new cases, surpassing the 2025 target. Additionally, deaths

among patients on anti-TB treatment reduced by 8% to 10%. These gains demonstrate that progress is possible when investment, policy, and healthcare delivery align effectively.

TB is caused by *Mycobacterium tuberculosis*, a microscopic bacterium spread through the air when an infected person coughs, sneezes, or speaks. Pulmonary tuberculosis (PTB), which affects the lungs, is the most common form, though the disease can also affect organs such as the kidneys, spine, and brain. TB exists in two forms: latent and active. Latent TB presents no symptoms and is not contagious but can progress to active TB, which is infectious and potentially life-threatening.

The spread of TB is closely linked to social and environmental conditions. Overcrowding, poor ventilation, and limited access to healthcare increase transmission. Vulnerable populations including people living with HIV, individuals with poor nutrition, substance users, and healthcare workers are at heightened risk. A major barrier to TB control remains delayed diagnosis, which allows continued transmission and worsens outcomes.

Recognizing symptoms early is critical. A persistent cough lasting more than three weeks is the most common warning sign. Other symptoms include coughing up blood, unexplained weight loss, night sweats, fever, fatigue, and chest pain. In children, poor growth or failure to thrive may signal infection. Diagnosis typically involves a chest X-ray and sputum testing, with rapid tools like GeneXpert playing a vital role in detecting cases, especially drug-resistant TB.

Treatment for drug-sensitive TB usually lasts six to nine months using first-line medications. However, multidrug-resistant TB (MDR-TB) and extensively drug-resistant TB (XDR-TB) require longer and more complex treatment. Encouragingly, 2026 marks a turning point with the scale-up of shorter, all-oral treatment regimens. The WHO-recommended 6-month BPALM



**Ally Ayensua
Akwagyiram**
Nurse Respiratory Therapist

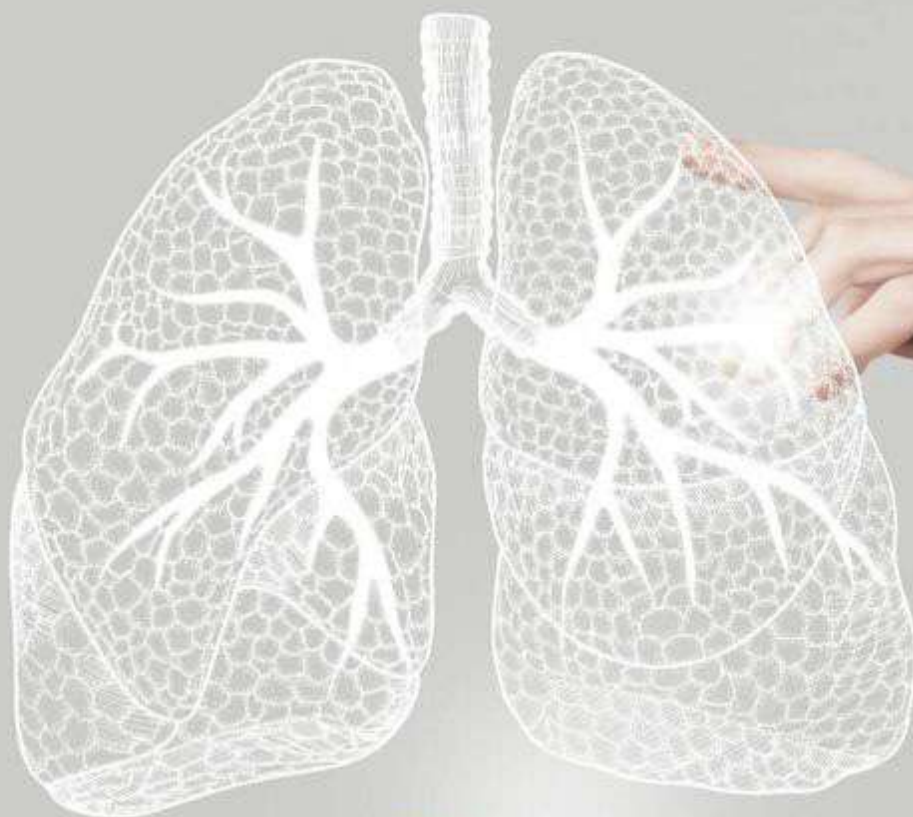
regimen comprising Bedaquiline, Pretomanid, Linezolid, and Moxifloxacin offers success rates of up to 93%, significantly higher than older treatments. For children and pregnant women, alternative regimens like BDLLfxC provide safer options.

Prevention remains a cornerstone of TB control. Strategies include BCG vaccination, improved infection control measures such as proper ventilation and mask use, and targeted screening of high-risk groups. Preventive treatment (TPT), such as the 3HP regimen taken weekly for three months, is crucial for individuals with latent TB, especially household contacts and people living with HIV.

The 2026 campaign theme, “From Ambition to Action,” emphasizes the need for local

implementation, national ownership, and community engagement. Ending TB is not just a health priority—it is an investment in stronger, more resilient health systems.

As Dr. Lucica Ditiu aptly stated, ending TB requires more than ambition; it demands commitment, sustained investment, and collective action. With the right strategies and determination, yes, we can end TB.



What every Woman Should Know about Endometriosis

Endometriosis is a chronic condition where tissues similar to the lining of the uterus grows outside the Uterus aka **'womb'**.

Endometriosis is remarkably common, affecting roughly **1 in 10 women and girls** of reproductive age globally (approximately 190 million people).

While it can be diagnosed at any age, it is most commonly identified in women in their 30s and 40s. However, symptoms often begin at the onset of the first menstrual period, meaning many young girls suffer for years with some as early as age 8 before receiving an official diagnosis.

Symptoms vary widely, but the tell signs include:

5 Ds of endometriosis

- **Dysmenorrhea:** painful periods
- **Dyspareunia:** Pain during or after sexual intercourse.
- **Dyschezia :** Painful bowel movements or urination, especially during menstruation.



Dr. Magdalene Okai

Medical Officer - Hobem Clinic

- **Dysuria:** painful urination especially during menstruation

- **Dysfunction :** Chronic pelvic pain , infertility
Other symptoms **includes;**

- **Heavy Bleeding:** Menorrhagia (heavy periods) or bleeding between periods.

- **Fatigue:** A persistent, soul-crushing tiredness often linked to the body's inflammatory response.

To identify normal Period pain to that of endometriosis, we will have to factor in the duration of pain, how it response to pain medication and the symptoms. In normal period pain, it last 1- 2 days whereas in endometriosis, pain start days before period with associated 5 P symptoms Endometriosis pain well to pain medications.

The exact cause is unknown, but several theories exist:

- **Retrograde Menstruation:** this is the backflow of Menstrual through the fallopian tubes into the pelvic cavity.

- **Cellular Transformation:** Hormones or immune factors transforming peritoneal cavity into endometrial-like cells.

- **Genetics:** It tends to run in families. We also have risk factors such as Early menarche: Starting your period at an early age, Nulliparity (never giving birth) short menstrual cycles (less than 27 days), and high levels of estrogen in the body.

The best modality for diagnosis is laparoscopic surgery, where a surgeon looks inside the abdomen and takes a biopsy.

Detecting and diagnosing endometriosis has been a challenge because of below factors

- **Invisibility:** masses often don't show up on standard ultrasounds or MRIs.

- **Societal Stigma:** Menstrual pain is often dismissed by society (and sometimes doctors) as "just part of being a woman."

- **Symptom Overlap:** It is frequently misdiagnosed as Irritable Bowel Syndrome (IBS) or Pelvic Inflammatory Disease (PID).

Yes, endometriosis is a leading cause of infertility. Approximately 30% to 50% of women with endometriosis face difficulties getting pregnant. This happens because tissue growth can block fallopian tubes, cause inflammation that damages the egg or sperm, or distort the pelvic anatomy.

However, many women with endometriosis can and do conceive, sometimes requiring assisted reproductive technology (like IVF).

There is currently no cure, but can be managed through :

- **Hormonal Therapy:** Birth control pills, progestin therapy, or GnRH agonists to slow tissue growth and reduce estrogen.
- **Pain Medication:** NSAIDs for inflammation.
- **Conservative Surgery:** Removing the “endo” lesions while preserving the uterus and ovaries.
- **Hysterectomy:** Considered a last resort and not always a “cure,” as lesions can exist outside the reproductive organs.

While medical intervention is primary, these changes can help manage the reoccurrence of the pain :

- **Anti-Inflammatory Diet:** Reducing caffeine, alcohol, and highly processed sugars can lower systemic inflammation.
- **Regular Low-Impact Exercise:** Activities like yoga or swimming can improve blood flow and release endorphins. These are two of the most critical points for any article on this topic, as they move the conversation from “what it is” to “how to take action.”
- **Stress Management:** High stress can exacerbate pain perception; mindfulness and therapy are often recommended.

Early intervention isn't just about stopping pain; it's about protecting a person's long-term health and quality of life.

- 1. Preventing Disease Progression:** Endometriosis is often progressive. Early diagnosis can prevent the growth of deep infiltrating lesions that may eventually damage the bladder, bowels, or ureters.
- 2. Preserving Fertility:** As the disease progresses, it can cause “adhesions” (scar tissue) that may block fallopian tubes or damage ovarian reserve. Catching it early allows for more options regarding family planning or egg freezing.
- 3. Managing Chronic Pain Cycles:** The longer the body experiences high levels of pain, the more the

nervous system becomes “sensitized” (a process called central sensitization). Early treatment helps prevent the brain from becoming hard-wired to perceive pain even after the physical lesions are treated.

4. Mental Health Preservation: Years of being told your pain is “normal” can lead to anxiety, depression, and a breakdown of trust in the medical system. Validation through diagnosis is a powerful tool for mental well-being.

If you are reading this and wondering if your pain't counts, here is a message to carry with you:

“Your pain is real, and it is not your burden to bear in silence.”

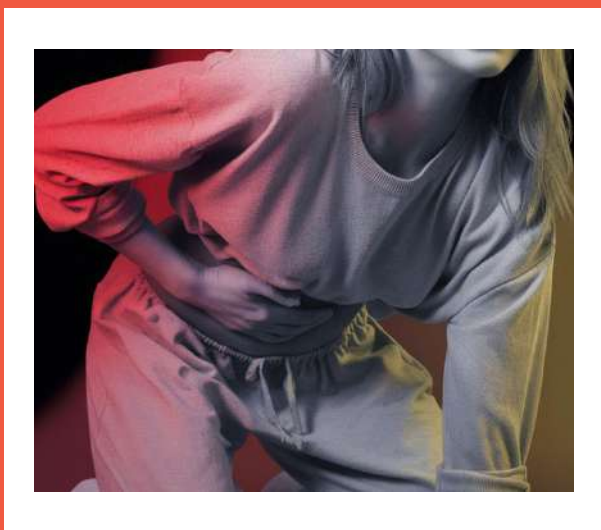
Society has spent centuries telling women that suffering is a natural part of being female, it is not. If your period pain forces you to cancel plans, miss work, or stay in bed clutching a heating pad, it is not “normal.”

1. Be Your Own Advocate: If a doctor dismisses your concerns, seek a second (or third) opinion. Look for a specialist who specifically focuses on excision surgery or endometriosis.

2. Track Everything: Start a “symptom diary.” Note when the pain happens, what it feels like, and how it affects your daily activities. Bringing data to a doctor makes it much harder for them to dismiss your experience.

3. You Are Not Alone: There is a massive, supportive community of “Endo Warriors” ready to offer advice and empathy. You don't have to deal with it by yourself.

The most important thing to remember is that a diagnosis is not a life sentence. It is the first step toward reclaiming your life.



Turmeric Ginger Soup

This nutrient-packed soup is perfect for managing symptoms of Tuberculosis, Multiple Sclerosis, and Endometriosis. Turmeric and ginger are anti-inflammatory powerhouses, while veggies and coconut milk add a boost of antioxidants and healthy fats.

Ingredients

- 2 cups mixed veggies (carrots, sweet potatoes, spinach)
- 1 tsp turmeric
- 1-inch ginger, grated
- 2 cups veggie broth
- 1 cup coconut milk
- Salt and pepper to taste
- Optional: black pepper, lemon juice

Instructions

1. Sauté ginger in a bit of oil, add turmeric, mix.
2. Add veggies and broth, simmer till soft.
3. Blend with coconut milk.
4. Season, serve hot

Building an Accessible and Supportive Home Environment for MS

By Priscilla Akorfa Fomevor

For families navigating multiple sclerosis (MS), the home is more than just a living space it is a sanctuary. As the disease progresses, mobility challenges can transform familiar hallways and staircases into daily obstacles. However, with thoughtful adaptations, families can create an environment that prioritizes safety, preserves independence, and upholds the dignity of their loved one.

The first step in creating an accessible home is identifying and eliminating fall hazards. Loose rugs, cluttered walkways and poor lighting are among the leading causes of injury. Removing rugs or securing them with non-slip backing is a simple yet critical measure. Installing grab bars near toilets, showers, and along hallways provides essential support for balance and stability.

For individuals experiencing significant mobility decline, creating a main-floor sleeping area can be transformative. Stairs often become a dangerous barrier; relocating a bedroom to the ground floor eliminates this risk and reduces fatigue, allowing the individual to conserve energy for daily activities. Lever-style door handles, raised toilet seats and handheld showerheads are additional low-cost modifications that significantly enhance autonomy.

While physical adaptations are vital, the emotional landscape of caregiving is equally important. Family members often assume caregiving roles out of love, yet the relentless demands of supporting a partner or parent with MS can lead to burnout. Feelings of isolation, frustration, and guilt are common but frequently unspoken.

Respite care is an essential tool for sustaining family well-being. Whether arranging for a professional caregiver to step in for a few hours or relying on trusted relatives to provide temporary relief, taking regular breaks allows primary caregivers to rest, recharge, and attend to their own health. Caregiving is not sustainable when done in isolation.

Additionally, family counseling can provide a safe space to navigate the shifting dynamics of the household. Open communication helps prevent resentment, allowing family members to express fears and needs without judgment. Support groups, both in-person and online, also offer connection with others who understand the unique challenges of MS.

Creating a supportive home environment requires both structural changes and emotional honesty. By combining safety modifications with intentional support for caregivers, families can ensure that their home remains a place of comfort and resilience.

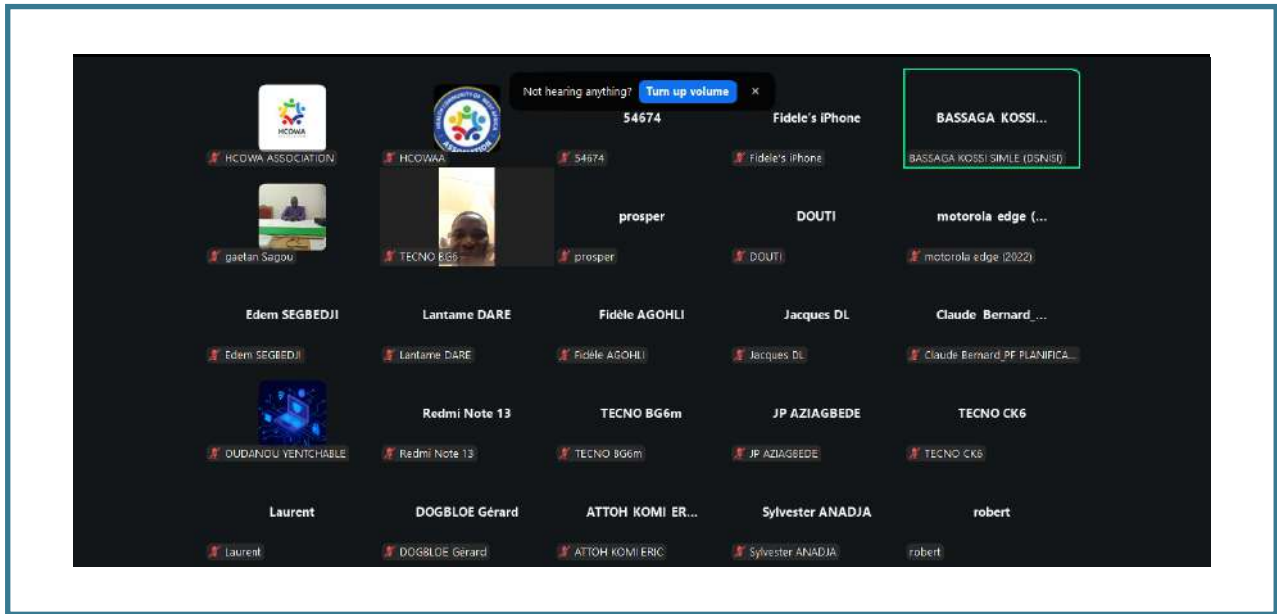


Health Community of West Africa Association Empowers Nurses Through Webinar Bridging Technology and Patient Care

The Health Community of West Africa Association continues to redefine healthcare collaboration across the region with a dynamic virtual webinar hosted for its Togolese partner, the Association Nationale des Infirmiers et Infirmières du Togo. The session brought together experts from West Africa and China to explore two critical frontiers shaping the future of healthcare: artificial intelligence in bedside nursing and advanced approaches to pressure ulcer management.

Held via Zoom, the webinar was themed “AI for Bedside Nursing: Using Smart Devices to Monitor Vital Signs, Predict Patient Deterioration, and Reduce Documentation Burden.” It delivered powerful insights into how technology can enhance, rather than replace, the human touch in healthcare.





A standout presentation from Togo highlighted the country's pressing healthcare challenges, including a low nurse-to-population ratio and limited resources. The speaker demonstrated how AI-powered tools such as smart triage systems, predictive analytics, and automated documentation can significantly reduce workload pressures on nurses. By taking over repetitive tasks, these technologies allow healthcare professionals to devote more time to patient-centered, compassionate care.

Complementing the digital health discussion, a senior healthcare specialist from Health Community of West Africa Association's Chinese partners delivered a compelling presentation on pressure ulcer management, an often overlooked but serious condition affecting bedridden and post-surgical patients. Drawing on clinical evidence, the session revealed that modern moist dressings dramatically outperform traditional methods, offering faster healing and

improved patient outcomes.

Participants were also introduced to three essential principles for effective care: regular pressure relief, adequate nutrition, and proper wound management. These simple yet impactful practices were emphasized as key to restoring dignity and improving quality of life for vulnerable patients.

The webinar reinforced a shared vision: empowering nurses with cutting-edge knowledge while preserving the empathy and dedication that define the profession. As one participant aptly noted, the future of nursing lies in the seamless integration of innovation and tradition.

Through initiatives like this, Health Community of West Africa Association continues to provide free, high-impact training for healthcare partners across West Africa, strengthening systems and advancing care delivery in collaboration with global partners.

West African Dental Professionals Explore AI-Powered Diagnostics at Specialized Webinar.

Dental professionals across West Africa recently gathered for a specialized webinar exploring how artificial intelligence (AI) is transforming dental diagnostics and surgery. The event, organized by the Health Community of West Africa Association in partnership with the Ordre National des Chirurgiens Dentistes du Sénégal, featured a presentation by Doctor Thibault Komlan, who discussed the growing role of AI in dental radiography and surgical practice.

During the session, Dr. Komlan demonstrated how modern AI systems can assist dentists in analyzing dental X-rays to detect early signs of oral disease. According to his presentation, AI-powered algorithms can automatically identify dental caries, periodontal bone loss, and other anomalies in radiographic images. These technologies are increasingly being integrated into dental imaging software, allowing clinicians to analyze radiographs within seconds and with high levels of accuracy.

Dr. Komlan explained that AI models such as convolutional neural networks are now capable of detecting lesions and structural abnormalities in different types of dental radiographs, including bitewing, retro-alveolar, and panoramic images. Recent studies indicate that these systems can achieve diagnostic accuracy rates ranging from 87 to 98 percent in identifying dental caries, making them comparable to expert clinicians in certain cases.

The technology also enables precise measurement of periodontal bone loss by automatically calculating the distance between the cemento-enamel junction and the alveolar bone level. This helps dentists classify the severity of periodontal disease and monitor patient progress over time. In addition to caries and bone loss, AI tools can assist in detecting fractures, periapical infections, cystic anomalies, and even signs of maxillary sinus disease.

Beyond diagnostics, the webinar highlighted AI's applications in orthodontics, including automated cephalometric analysis and improved treatment planning. By combining radiographic images with intraoral scans and predictive algorithms, dentists can develop more personalized treatment plans for patients.

Despite these advances, Dr. Komlan emphasized that artificial intelligence is intended to support not replace dental professionals. Instead, AI serves as a clinical decision-support tool that enhances diagnostic precision, speeds up analysis, and improves communication with patients.

As digital technologies continue to reshape healthcare, experts say AI-assisted radiography could become an essential component of modern dental practice across Africa and beyond.



Health Terms under Tuberculosis

1. Mycobacterium tuberculosis: The name of the specific bacterium that causes TB. It spreads through the air when an infected person coughs or sneezes.

2. Latent TB: A “sleeping” form of TB where the bacteria live in your body without making you sick. You feel fine and cannot infect others but it can wake up later.

3. Sputum: Thick mucus coughed up from the lungs. Doctors test it to confirm whether TB bacteria are present in your body.

4. Drug-resistant TB: A dangerous form of TB that no longer responds to

standard antibiotics, usually caused by patients not completing their full treatment course.

5. Myelin: A protective coating around nerve fibers, similar to insulation on an electrical wire. In MS, the immune system mistakenly destroys it, disrupting nerve signals.

6. Relapse: A sudden return or worsening of MS symptoms lasting at least 24 hours. Also called a “flare-up” or “attack.”

7. Lesion: An area of damage or scarring in the brain or spinal cord caused by MS. Doctors detect these through MRI scans.

8. Disease-modifying therapy (DMT): Medications used in MS that do not cure the disease but slow its progression and reduce the frequency of relapses.

9. Endometrium: The tissue that normally lines the inside of the uterus. In endometriosis, similar tissue grows in the wrong places outside the uterus.

10. Laparoscopy: A minor surgical procedure used to diagnose endometriosis. A small camera is inserted through the abdomen to look for abnormal tissue growth currently the only way to confirm the diagnosis.

Our Partners





@healthpulseonline @healthpulseonline
@healthpulseonline www.healthpulseonline.com

