

LIVEWELL INITIATIVE

NEWS BULLETIN

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**Eat 5 Fruits
a Day**



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Dr. Mona Khanna Visits LWI

During the month of July, Emmy Award winning medical journalist Dr. Mona Khanna, popularly known as Dr. Mona of US Fox News Chicago arrived in Lagos, Nigeria for the first time on Thursday the 26th and was hosted by LWI.

The visit, which lasted five days was very memorable and comprised of her marking "World Hepatitis Day" on July 28th 2013 with the LWI Team, at a Faith-Based Organisation. Dr. Mona was taken on a tour of Lagos by the CEO and Officers of LWI. She visited the Lagos University Teaching Hospital and a Community Pharmacy, Megacare.

Dr. Mona, who doubles as a Clinical Associate/Lecturer at the University of Illinois in Chicago, USA had a 'busy' day with LWI interns largely from Babcock University and University of Lagos. Dr. Mona sat through the interns' presentations on their weekly work report; and she was able to guide and admonish the interns.

In addition, Dr. Mona co-chaired the LWI Strategic Health Sector Focus Group Meeting, which was convened by LWI and attended by top dignitaries in the Healthcare sector for the sole purpose of sensitising healthcare stakeholders to promote healthcare in Nigeria, with focus on Hepatitis in Africa, Non-Communicable Diseases NCDs, Maternal and Child Health MNCH, Illness Poverty, and among others.

LWI wishes Dr. Mona good luck in her future endeavours and we look forward to hosting her again anytime she visits Lagos.



Group photos of LWI Operations Office in Gbagada, Lagos to commemorate Dr. Mona's visit.

**Did you
know?**

**Improved sanitation, food safety and
immunization are the most effective
ways to combat HEPATITIS A**

LWI Strategic Focus Group Meeting

Lagos State, Shell SPDC, DFID, USAID SHOPS, LUTH, Organised Private Sector involved

On the 31st of July 2013, LWI hosted to a Stakeholders **Strategic Health Sector Focus Group Meeting** at its headquarters at FBA Suites, Oniru Rd, Victoria Island, Lagos. Members of the focus group meeting included top officials in the Healthcare sector such as Honourable Permanent Secretary Health, Lagos State Ministry of Health Dr. Olufemi Olugbile (chairman); Dr. Mona Khanna of Fox News Chicago, USA (co-chairman); Chief Medical Director, Lagos University Teaching Hospital LUTH Prof. Akin Osibogun; Vice President Shell SPDC Mr. Tony Attah ably represented by Group Head Public Health Shell SPDC, Dr. Edet Edet; DFID Regional Director Dr. Sina Fagbenro-Byron ably represented by Voice & Accountability Officer PATHS2 Mrs. Anthonia Bakare; USAID SHOPS Chief of Party Mrs. Ayodele Iroko ably represented by Gender Health Manager Dr. Adebola Hassan; Group Head Sales & Marketing May & Baker Plc Mr. John Edheku, Advisor LWI Academy Mrs. Bukky Ayoade and CEO LWI Mrs. Bisi Bright (convener).

The goal of convening this focus group was to facilitate Wellness Promotion and health status awareness among the populace through a proactive and deliberate strategy.

The chairman of the Strategic Meeting, Dr. Olufemi Olugbile kicked off the brainstorming session that was centered on contemporary health topics such as Hepatitis in Africa, MNCH, Illness Poverty, NCDs, Nutrition & Health, Executive Health/Workplace Wellness and Health Care Financing. The meeting deliberated at length about the various topics, including Workplace Health and Safety, Out of Pocket Healthcare Expenditure, and the importance of People Public Private Partnerships PPPPs and the need for stakeholder engagement at every tier of healthcare.

A Communiqué was issued at the end of the meeting with a call for further deliberations to take this to the 'next level'.

The focus group meeting ended with a networking session among participants and merriment (cutting of cake, picture session and food/drinks) with Dr. Mona and Dr. Edet, who celebrated their birthday and wedding anniversary respectively on the same date, July 31st. They both cut the celebration cake while the Prof. Akin Osibogun, conducted the cutting of the cake.

LWI plans to convene a 'sequel' Focus Group Meeting shortly in order to further impact the health sector and to entrench the pursuit of the PPPPs concept.



(L-R) Dr. Femi Olugbile, Mrs. Bisi Bright, Dr. Mona Dr. Mona... Strategic Focus Group in Session: Dr. Olugbile Speaks... Mrs. Bright addressing the focus group meeting... Dr. Mona celebrating her birthday

World Hepatitis Day

In commemoration of the annual “*World Hepatitis Day*” on July 28th 2013, LWI carried out its Executive Health Enlightenment Scheme (EHES) programme at the Redeemed Christian Church of God, with the theme ‘*See, Hear, Speak*’.

The purpose of this programme was to raise awareness on hepatitis worldwide and to drive policy change for improvement in health outcomes.

The programme commenced with a brief overview of Hepatitis in Africa, by CEO LWI Mrs. Bisi Bright. This was followed by the keynote lecture for the day on the Hepatitis C Virus (HCV), which was delivered by Dr. Mona Khanna. HCV is the causative agents of Hepatitis C and is very predominant in Africa and other parts of the world. The lecture highlighted the global trend of the HCV with emphasis on Africa. It also covered the risk factors and mode of transmission of HCV. LWI Senior Programme Officer Dr. Bukky Adewakun gave a short lecture on an overview of Hepatitis B, its treatment and spread.

Other officials present were the CEO LWI Mrs. Bisi Bright and LWIA Advisor Mrs. Bukky Ayoade and CEO/President Innovara, Inc. Prof. Barri Blauvelt.

After the lectures and the Q&A session, the participants were ushered by the LWI officers to the stands for their free health checks. Since it was World Hepatitis Day, the main screenings carried out included Hepatitis B Screening, Malaria Screening, HIV/AIDS Voluntary Counselling and Testing among others. Various health checkups were carried out such as Stress level, Body Mass Index BMI, Blood Pressure, Blood Sugar Level and other biometric or generic testing as well as general counselling by the LWI Health Team joined by Dr. Mona and Prof. Barri, who brought their wealth of experience to bear.



(L-R) Participants being Screened for Hepatitis B... Dr. Mona screening for Hepatitis B along with LWI Officers... Bisi Bright addressing the audience

Cervical Cancer Screening Training

The LWIA ran a training on Human Papilloma Virus (HPV) / Cervical Cancer Screening on the 26th of July 2013 at its headquarter at FBA Suites, Oniru Road, Victoria Island, Lagos. The training session was facilitated by a UK Certified General Practitioner, Trainer/Medical Doctor who doubles as a Team Member of LWI Academy Faculty. A total number of 10 participants were trained.

The training was informative, educative, pragmatic and hands-on. It comprised of theory and practical sessions and the participants were awarded certificates. The practical sessions were performed at a hospital in Lekki.

The training will go a long way in empowering the participants and it will help to reduce mortality caused by Cervical Cancer.



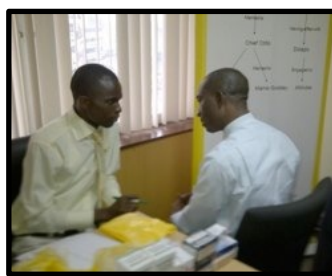
LWI Breast Cancer Awareness

Breast Cancer is the most common cancer among Nigerian women and worse still is the fact that men may also have breast cancer although there are rare cases. On the 13th of June 2013, LWI conducted a breast cancer awareness programme for the officers, staffers and management of FSDH Merchant Bank at Marina Lagos.

This programme was designed to raise the awareness of Breast Cancer Screening among the participants. The programme took off with a breast cancer awareness and empowerment talk by LWI Academy faculty member, Mrs. Janet Jacobson.

After the lectures, willing female participants underwent a breast examination. In addition, various routine health checkups were performed such as Blood Pressure, BMI, Blood Sugar Screening; Personalised Health Counselling and dispensing of Free Non-Prescription Drugs were provided by the LWI Team.

The management and staffers of FSDH Merchant Bank found the programme interesting and rewarding.



~News Titbits~

LWI Internships: In the month of June 2013, Twelve (12) Public Health and Pharmacy students from Babcock University and University of Lagos interned at LWI. This was the third in the series of student internships for the year.

Marriages: During the month of June, Principal Programme Officer and Faculty Member LWI Miss Seun Oyemade who is currently undergoing the LWI-co-supervised University of Helsinki PhD Programme got married to Mr. Charles Ademulegun of NAFDAC. Congratulations to the new couple from LWI, we wish them a Happy Married Life.



LWI Vision

To halve health-illiteracy in Africa by the year 2030; and to increase the life expectancy of the people to 70 by the year 2030.

LWI Mission

To improve the health status of the people of Africa through wellness promotion and health-empowerment and thereby positively influence their health-seeking behaviour.

Want to get involved?

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