

LIVEWELL INITIATIVE

NEWS BULLETIN

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Viagra?....*Yes please; but, don't talk about it!!!*

There are very many interesting things that happen in the lives of human beings; some pleasant, others not-so-pleasant. We are sometimes too embarrassed to discuss such experiences; and so we keep looking for answers; sometimes in the wrong places!

Many men are usually embarrassed and reluctant to talk about ED; which is medically defined as *“the inability to attain and maintain a penile erection adequate for satisfactory sexual activity”*. The truth is, most men experience their first ED before age 45; and, because nobody talks about it, they usually find it surprising and sometimes a bit devastating.

It has been found that ED affects about 30% of men in their 40's, and up to 50% of men over the age of 65 years. Most sufferers usually choose to remain 'silent sufferers' rather than overcome the self-imposed shame and seek help.

According to a psychologist , Hal; *‘sexual function is a physiological, psychological, emotional, and social issue central to quality of life and overall health’*. It is therefore nothing to be ashamed of discussing....Today, the problem still exists with us; and, many individuals prefer to go 'online' and purchase their Viagra online via the internet.

Viagra and other drugs like it (namely Cialis, Levitra etc); are all drugs which work by increasing the flow of blood to the penile shaft; leading to turbidity; thus a full erection. The way in which the drug acts is that, it will not lead to an automatic erection; except if the man is stimulated. The man has to be stimulated; otherwise there will be no change at all; as if no medicine was taken. However, if stimulated by the partner, Viagra will 'mimic' the natural arousal process and the man can 'perform' normally, and can have a satisfactory sexual activity.

Unlike aphrodisiacs and sex hormones which lead to 'instant erection'; Viagra (or its sister-drugs Cialis and Levitra); need to be taken at least 30 minutes before sexual intercourse; and, must be spaced away from other drugs; especially heart drugs.

Although the drug has brought relief into many marriages and homes, it is advisable not to self-medicate with Viagra. Ask-your-Doctor!

Yes Please,..... Let's Talk About it! Thank You. **Bisi Bright, CEO LWI**

Did you know?

Exercise can help alleviate pain. Exercise releases endorphins, and endorphins are an awesome pain reliever

LWI CARRIES OUT FREE COMMUNITY HEALTH OUTREACH IN RURAL OGUN STATE

During the month of October, LiveWell Initiative in partnership with Regency Alliance Insurance Plc and Building Opportunity for Tomorrow (BOT) held a three day community health outreach from the 7th to the 9th for the people of Imeko Afon, Ipokia and Ilaro which are subdivisions of Yewa in Ogun State. The goal of the outreach was to impact positively on the health of the people of Yewa Imeko and to positively influence their health seeking behavior by making them take informed decisions about their health.

The Managing Director of Regency Alliance Insurance PLC Mr Biyi Otegbeye who is an indigene of Yewa land used the occasion of his birthday to give free health services to the people of Imeko and also Ipokia and Ilaro in order to bridge the visible health care gap present in those areas of Ogun State. Top dignitaries present at the outreach were traditional rulers, Local Government officials and Permanent Secretaries of Yewa Local Government Area. There was a health empowerment lecture which was followed by health checkups which consisted of Blood Pressure, Body Mass Index (BMI), Blood Glucose level (RBG) and Stress Test. The participants were also given non-prescription drugs along with personalized health counseling.

Among the disease patterns noticed during the health mission were schistosomiasis and a high frequency of body and back pains. There is also a prevalence of multiple births in Ipokia which is emphasized in the International Alliance of Patients Organization (IAPO) "Patient-centered healthcare" award winning photograph which depicts a pharmacist of LiveWell Initiative giving medical care to a mother of triplets

The programme was indeed successful and LWI played its part in bridging the visible health gap in those communities.



LWI Marks IAPO Patients Solidarity Day (PSD) At Ilesha, Osun State

The 30th October, every year, is the International Alliance of Patients Organisations IAPO Patient Solidarity Day (PSD). LiveWell Initiative LWI, an IAPO Member organisation, marked the Patient Solidarity Day , October 30th Celebration tagged “**Dr. Ezekiel Adekunle Ifaturoti Memorial Health Mission**” in partnership with Osun State Government, Federal Ministry of Health and OAU Teaching Hospital Wesley Guild, and the Methodist Cathedral Otapete Ilesha, Osun State.

The programme was flagged off by the Honorable Commissioner of Health Osun State, Dr (Mrs) Temitope Ilori, ably represented by the Hon Permsec Health Osun State, Dr Olaoye who delivered the opening speech.

The community health outreach was very impactful, as people turned out in hundreds. Over 1,000 adults were attended to, and over 300 children were dewormed. Antimalarials, Hematinics and non-prescription drugs were dispensed to the women and children by the 20-man LWI Health Team assisted by Federal Ministry of Health FMOH Officials - 2 doctors, 2 pharmacists, 2 nurses and 1 CHW. The participants were all given free medical checkups and personalized health counseling provided at a cost to LWI.



HANDWASHING / ETIQUETTE TRAINING AT COWN AND CORONET SCHOOLS

LiveWell Initiative carried out its “Personal Hygiene and Hand wash Etiquette” programme for the pupils of Crown and Coronet School located at Gbagada, Lagos. The management of the school seized the occasion of its end of session party to train its pupils. The programme started with lectures on “Personal Hygiene” and a practical demonstration on Hand washing etiquette”. The lectures were delivered ‘hands on’ by LWI Academy Officers and they consisted of rhymes, chymes, dance and clap. The teachers and staff of the school were also given free health checkups and free non-prescription medicines with personalized health counseling.



LWI-RSA “Take a Girl Child to Work” Project

During the month of August, LiveWell Initiative LWI in collaboration with the Republic of South Africa’s (RSA) Consulate General in Nigeria carried out the “*Take a Girl Child to Work Project*” at its Operational Office in Lagos. LWI was selected among top organizations like Stanbic IBTC Bank Plc, Shoprite, Multichoice, and Southern Sun Hotel etc. to facilitate this project in partnership with the Consulate.

The “*Take a Girl Child to Work*” is marked yearly in South Africa as a mark of respect for Womanhood.

The purpose of the project is to expose the “girl student” to how an organization is managed and also to provide them positive role models. Ten (10) female final year students of the University of Lagos UNILAG were sent to LWI to participate in this year’s programme which entailed a one-day internship work experience and training programme, with a gift and lunch pack.

At LWI, the girl students were taught Soft Skills Building such as Goal Setting, Self-Branding and Superior Communication Skills, Talent Building. They were also taught on how to develop a good resume. After the lectures, they presented on their experiences and learning’s’. The participants learnt a lot and the experience they will be invaluable as they make their transition into the work place.



Health Benefits of ...

APPLES



- *Maintains a Healthy Heart*
- *Relieves constipation*
- *Reduces Cholesterol*
- *Helps Remove Toxins*
- *Helps Control Weight*
- *Decreases Risk of Diabetes*
- *Protects from Osteoporosis*
- *Helps with Cancer Prevention*
- *Refreshes the bowels*

LWI Vision

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

LWI Mission

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

Want to get involved?

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