

HEALTH SESSION

Facilitator: Mrs Lola Ikwuagwu

Chairman: Dr. Seyi Roberts

Panelists: Dr. Yemi Johnson
Dr. Mike Etomi
Dr. Patrick Evivie
Prof Okey Okpezie

Mrs. Lola Ikwuagwu welcomed everyone to the health session and introduced in detail the panel of physicians. She thereafter handed over to the chairman of the session; Dr. Seyi Roberts who informed the audience that the panel was a formidable one consisting of distinguished physicians. He promised that the session would be an interesting one. The first speaker was;

Dr. GEORGE ETOMI

Dr. Etomi informed the audience that most of what was contained in his presentation would be discussed exhaustively by the other panellists.

The kidneys, a pair of bean-shaped organs, are located at the bottom of the ribcage in the right and left sides of the back. Although the body is equipped with two kidneys, you can function with one reasonably healthy kidney if the other is damaged or removed. The kidneys receive blood from the aorta, filter it, and send it back to the heart with the right balance of chemicals and fluid for use throughout the body. The urine created by the kidneys is moved out of the body via the urinary tract.

The kidneys control the quantity and quality of fluids within the body. They also produce hormones and vitamins that direct cell activities in many organs; the hormone renin, for example, helps control blood pressure. When the kidneys are not working properly, waste products and fluid can build up to dangerous levels, creating a life-threatening situation

There are certain risk factors associated with kidney failure; high blood pressure, diabetes, heart disease, and if there is any history of kidney disease in the family. Consequently, anyone who has any of the above is at risk of a kidney disease. A blood test is therefore imperative. Two types of test are recommended;

- **GFR (Glomerular Filtration Rate):** A blood test measures how much blood your kidneys filter each minute, which is known as your GFR (glomerular filtration rate). This shows how well your kidneys are working. A GFR of 60 or higher is in the normal range. A GFR below 60 may mean you have kidney disease. You can't raise your GFR, but you can try to keep it from going lower.

- **Urine Protein:** A urine test checks for protein in your urine, which can be a sign of kidney disease. Protein can leak into the urine when the filters in the kidneys are damaged.

Treating Kidney Disease

Kidney disease is usually a progressive disease, which means that the damage in the kidneys tends to be permanent and can't be undone. So it is important to identify kidney disease early before the damage is done. The good news is that kidney disease can be treated very effectively if it is caught in the early stages. This is very important, since kidney disease also makes your risks for heart disease and stroke higher.

Diabetes: People with diabetes; monitoring blood glucose levels is very important.

High Blood Pressure: checking your blood pressure regularly helps you to control what goes into your body.

Two important numbers are used to measure blood pressure. These numbers are written in the form of a fraction. The top number is the **systolic blood pressure**, which measures the pressure inside the blood vessels at the moment your heart beats. The bottom number is the **diastolic blood pressure**, which measures the pressure in the blood vessels when your heart is at rest. The normal blood pressure is **120/80**.

There are certain tests that individuals should do regularly;

(a) Cholesterol screening: the normal level should be below 200(Two Hundred). Dr. Mike Etomi informed us that there is the bad and good cholesterol.

(b) Diabetes screening:

(c) Blood & urine tests

(e) Fasting blood glucose test

Dr. Mike Etomi enjoined everyone to check his/her Blood Pressure level regularly

DR. YEMI JOHNSON

Cardiac arrest, (also known as cardiopulmonary arrest or circulatory arrest) is the cessation of normal circulation of the blood due to failure of the heart to contract effectively, and if this is unexpected can be termed a **sudden cardiac arrest** or SCA.

It is very important for every individual to be aware of how to resuscitate an individual who is unconscious. CPR (cardiopulmonary resuscitation) if done early provides

circulatory support, followed by defibrillation if a shock able rhythm is present. If a shock able rhythm is absent then clinical death is inevitable.

RISK FACTORS OF CARDIAC ARREST

1. History of Heart Disease
2. Hypertension
3. Diabetes
4. Smoking
5. Lack of exercise
6. High Cholesterol
7. Red Meat
8. Excess Alcohol
9. Stressful Environment

WHAT IS HEART ATTACK

Heart Attack (Myocardial Infraction) is simply the interruption of blood supply. Heart Attack occurs when the heart muscle is damaged or destroyed because it does not get enough oxygen-rich blood to sustain life. Just as the heart supplies oxygen and nutrients to other parts of the body, blood vessels called coronary arteries supply needed blood to the heart. It is important to note that if one or more coronary artery or blood vessels that feed blood into the major arteries are blocked or narrowed, the heart muscle is deprived of oxygen. Again, if the oxygen supply is cut off for more than several minutes, the heart cells suffer permanent injury or death.

TRAVELLERS CLOT

Travellers clot (Deep Vein Thrombosis DVT) is a clotting of the blood in any of the deep veins, usually in the calf. If a clot develops, it usually makes its presence known by an intense pain in the affected calf. Medical attention should be sought immediately if this occurs, especially after a long journey. In some cases this can be fatal, if the clot breaks off and makes its way to the lungs where it can then affect the lung's ability to take in oxygen. It is common with individuals who travel for long hours without necessarily moving. It is common with individuals who squat for long as it is with gardening.

It is advisable therefore that when travelling, people should walk around often to allow for circulation of blood. It is also advisable to drink lots of fluid.

Cardiac Arrest (Ventricular Fibrillation) is used to describe a situation in which the heart abruptly and without warning stops working, so no blood can be pumped to the rest of the body. It is responsible for half of all heart disease deaths. The most common cause of cardiac arrest is a heart rhythm disorder or arrhythmia called ventricular fibrillation (VF)

SYMPTOMS

1. Collapse
2. Stoppage of the heart
3. Loss of consciousness
4. Loss of breathing
5. Absent pulse

REPAIRS

Stent Replacement: Fatty deposits can block blood flow through arteries and cause pain. A piece may break off, form a clot, and cause a heart attack or stroke. A **stent** opens the blockage and keeps it open, which allows blood to flow smoothly. Good blood flow reduces pain and risks of clots forming.

Atherectomy: is a method of removing plaque and blockage from an artery in the body and subsequently widening arteries narrowed by arterial disease.

Cardiopulmonary resuscitation (CPR): involves physical interventions to create artificial circulation through rhythmic pressing on the patient's chest to manually pump blood through the heart, called chest compressions, and this usually involves the rescuer exhaling into the patient (or using a device to simulate this) to ventilate the lungs and pass oxygen in to the blood, called artificial respiration. There was a presentation by Dr. Yemi Johnson using a dummy to demonstrate the process involved in administering CPR.

Dr. PATRICK EVIVIE

PROSTATE CANCER

What is Prostate cancer? It is cancer that develops in the prostate; a gland (walnut size) that is located in the male reproductive system, below the bladder. The gland is found

only in men have prostate and consequently they are the only ones susceptible to Prostate cancer. The cancer causes the cells in the prostate do not grow normally; they divide and create new cells that the blood does not need.

There are certain risk factors associated with Prostate cancer;

1. **History:** Prostate cancer is the most commonly diagnosed form of cancer for African Americans in the United States. It is commonly said that once men who live in other jurisdictions move to the United States, they become likely candidates of Prostate cancer. It is also common amongst family of individuals with prostate cancer. Thus, a person whose father or grandfather has prostate cancer is at an increased risk of having same.
2. **Age:** It has also been observed that the chances of developing prostate cancer increases with the age of the individual. Prostate cancer is therefore high with men over 40years of age.
3. **Environmental:** There are certain environmental factors like smoking and diets high in saturated fat appear to increase the risk of prostate cancer.

SYMPTOMS

1. **Blood Test:** cancers are first discovered via a blood test or by the presence of a hard lump in the prostate gland. The Doctor feels this lump by a routine examination done with his finger. The prostate gland is located just in front of the rectum.
2. **Urine:** As the cancer widens and presses on the urethra, urination becomes more difficult. There often will be burning when urinating and the presence of blood in the urine.

SCREENING FOR PROSTATE CANCER

PROSTATE SPECIFIC ANTIGEN (PSA)

The Prostate Specific Antigen (PSA) is a substance produced by certain cells in the prostate gland. PSA is a protein and is a part of semen that causes it to liquefy (keeps the semen watery). Most of the PSA produced by the prostate gland is carried out of the body in semen, but a very small amount escapes into the blood stream.

A prostate-specific antigen (PSA) test measures the amount of prostate-specific antigen in the blood. PSA is released into a man's blood by his prostate gland. Healthy men have low amounts of PSA in the blood. The amount of PSA in the blood normally increases as a man's prostate enlarges with age. PSA may increase because of inflammation of the

prostate gland (prostatitis) or prostate cancer. An injury, a digital rectal exam, or sexual activity (ejaculation) may also briefly raise PSA levels.

PSA is used to screen men for prostate cancer. Experts disagree on the usefulness of PSA testing as a screening tool for prostate cancer. If a PSA test is used for screening, it is usually done for men older than age 50 or for those at high risk for prostate cancer, such as men with a family history of prostate cancer, or for African-American men who have a higher chance of developing cancer than other men. Since other common medical conditions, such as prostatitis, can cause high PSA levels, a prostate biopsy is needed to confirm a diagnosis of cancer.

DIGITAL (FINGER) RECTAL EXAMINATION (DRE)

The Digital (Finger) Rectal Examination is an examination of the lower rectum. The doctor uses a gloved, lubricated finger to check for abnormalities. The 'DRE' is an essential part of the early detection and diagnosis of prostate cancer. With 'DRE', certain abnormalities which were otherwise missed during blood test (PSA or MRI)

TREATMENT

- 1. Surgery:** The primary goal of surgery is to take away the cancerous tissue from the body and to remove other structures that may contain cancer (such as lymph nodes), and to minimize damage to any normal, cancer-free tissues and organs that are nearby.
- 2. Radiation Therapy:** consists of the use of high energy x-rays to kill cancer cells. Radiation works by damaging the DNA that is needed by cells to grow and divide. It is focused in such a way as to damage and kill as much of the cancer as possible, while minimizing the amount of healthy nearby tissue that is affected. Radiation can be delivered to the area of cancer in two primary ways;
 - (a) External Beam Radiation:** A source of radiation outside the body is used.
 - (b) Brachy Therapy:** A source of radiation is implanted or inserted into the body.
- 3. Hormonal Therapy:** Male sex hormones, such as testosterone, are produced naturally within the body. Prostate cancer can grow in response to these hormones, so therapy to block the production or effects of these hormones is sometimes used. A number of different medications have been developed to accomplish this. Hormonal therapy is sometimes used alone, but it is more often used in combination with other treatments such as radiation.
- 4. Watching Waiting:** In certain men, a strategy of withholding active treatment may be used. While treatment is withheld, the patient is monitored closely for

signs of change in their disease or the development of new symptoms. If it is determined at any time that the cancer is progressing, active treatment may then be started. This kind of “wait and see” approach is chosen most often in men who are older and who have other significant medical problems.

BREAST CANCER

This type of cancer refers to a malignant tumour that has developed from cells in the breast. Usually breast cancer either begins in the cells of the lobules, which are the milk-producing glands, or the ducts; the passages that drain milk from the lobules to the nipple. Less commonly, breast cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast.

1. **Age:** represents a significant factor for breast cancer and statistics show that a high percentage of breast cancer cases (77% of new cancer cases and 84% of breast cancer deaths) occur in women aged 50 and older.
2. **Family History:** It has been observed by researchers that most individuals that develop breast cancer have a family history of breast cancer. This can actually be explained by the structure of DNA.
3. **Early Menarche (Menstruation):** Women who have their first menstruation at an early age (before 12) have a high risk of Breast Cancer.
4. **Late Menopause:** Women who have gone through menopause later than normal (after 55) are at a higher risk of developing breast cancer.
5. **Late Child Bearing:**
6. **Radiation Exposure:** people that are exposed to radiation during childhood or chest radiation for prior cancer treatments may face an increased risk of developing breast cancer.
7. **Alcohol:** alcohol increases the risk of developing cancer, a risk that increases proportional to the amount of alcohol consumed.
8. **Obesity:** All studies report obesity as a risk factor for breast cancer, especially for women after menopause. The presence of fat tissue increases the level of estrogen produced by the body. The risk of developing cancer is higher for women that gain weight in the adult years.

PREVENTION

Screening: It has been observed over the years that early detection is the best cure for breast cancer.

Self Examination: Examine your breasts every month beginning at age 20 (see your doctor for self breast exam instructions). Check for: new lump (painful or not), unusual thickening of tissue, discharge from the nipples, change in the skin of nipples or breasts, or different breast size or shape than before.

See a Physician: It is advisable that individuals aged 30 should see a qualified medical doctor who should conduct an examination on the breasts every year or two.

Have a Mammogram: Individuals between the ages of 40-50years should have a mammogram check every year or two.

Annual Mammogram/Physician: Individuals above 50 years of age should have an annual mammogram check and also see a qualified medical doctor.

There is a decided case on this matter **MYRAID V ACLU** (04/2010 United States Federal Court)

It must be noted that Breast cancer is not only gene based but also environmental.

ERECTILE DYSFUNCTION

Erectile dysfunction, or ED, can be a total inability to achieve erection, an inconsistent ability to do so, or a tendency to sustain only brief erections. It is mainly caused when there has been an interruption in blood supply to the penis. Although age seems to be the variable most strongly associated with erectile dysfunction, following adjustment for age, a higher probability is noted also with heart disease, hypertension, diabetes, and associated medications

Treatment

There are a number of treatment approaches, for example; lifestyle changes such as stopping smoking, losing the excess pounds, and increasing one's level of physical activity may be enough for a man to get his erection back. Of course, reducing any prescription or non-prescription drugs that may have a role in erectile dysfunction is necessary. Most useful, though, for the majority of men is sexual psychotherapy. Viagra is a very helpful medication, and in the comparatively small number of cases where this does not work, vacuum cylinders and pumps, or surgically implanted inflatable devices, may be used. In rare cases, surgery involving veins or arteries may be considered

PROFESSOR OKEY OKPEZIE

CERVICAL CANCER

What is the cervix: The cervix is part of a woman's reproductive system. It's in the pelvis. The cervix is the lower, narrow part of the uterus (womb). Cancer of the cervix (cervical cancer) is caused by the uncontrolled growth of cells in the cervix, shaped like a cone; it connects the uterus to the vagina and is the "gateway" of the birth canal. Cervical cancer begins in cells on the surface of the cervix. Over time, the cervical cancer can invade more deeply into the cervix and nearby tissues. The cancer cells can spread by breaking away from the original (primary) tumour. They enter blood vessels or lymph vessels, which branch into all the tissues of the body. The cancer cells may attach to other tissues and grow to form new tumours that may damage those tissues. The spread of cancer is called metastasis.

However, a woman with certain risk factors may be more likely than others to develop cervical cancer. A risk factor is something that may increase the chance of developing a disease.

Studies have found a number of factors that may increase the risk of cervical cancer. For example, infection with HPV (human papillomavirus) is the main cause of cervical cancer. HPV infection and other risk factors may act together to increase the risk even more:

HPV infection: HPV is a group of viruses that can infect the cervix. An HPV infection that doesn't go away can cause cervical cancer in some women. HPV is the cause of nearly all cervical cancers.

HPV infections are very common. These viruses are passed from person to person through sexual contact. Most adults have been infected with HPV at some time in their lives, but most infections clear up on their own.

Some types of HPV can cause changes to cells in the cervix. If these changes are found early, cervical cancer can be prevented by removing or killing the changed cells before they can become cancer cells.

- **Lack of regular Pap tests:** Cervical cancer is more common among women who don't have regular Pap tests. The Pap test helps doctors find abnormal cells. Removing or killing the abnormal cells usually prevents cervical cancer.

- **Smoking:** Among women who are infected with HPV, smoking cigarettes slightly increases the risk of cervical cancer.

- **Weakened immune system** (the body's natural defense system): Infection with HIV (the virus that causes AIDS) or taking drugs that suppress the immune system increases the risk of cervical cancer.
- **Sexual history:** Women who have had many sexual partners have a higher risk of developing cervical cancer. Also, a woman who has had sex with a man who has had many sexual partners may be at higher risk of developing cervical cancer. In both cases, the risk of developing cervical cancer is higher because these women have a higher risk of HPV infection.
- **Using birth control pills for a long time:** Using birth control pills for a long time (5 or more years) may slightly increase the risk of cervical cancer among women with HPV infection. However, the risk decreases quickly when women stop using birth control pills.
- **Many children:** Studies suggest that giving birth to many children (5 or more) may slightly increase the risk of cervical cancer among women with HPV infection.
- **DES** (diethylstilbestrol): DES may increase the risk of a rare form of cervical cancer in daughters exposed to this drug before birth. DES was given to some pregnant women in the United States between about 1940 and 1971. (It is no longer given to pregnant women.)

A major way to attack cervical cancer is **early diagnosis**. With early detection, cervical is 100% curable. In Nigeria, there are new, affordable and sustainable screening technologies offer fresh opportunities to finally develop national cervical cancer screening programmes in developing countries; these technologies include visual screening methods as well as testing for human papillomavirus, the cause of virtually all cervical cancers;

SYMPTOMS

Abnormal bleeding. Women with cervical cancer may experience abnormal vaginal bleeding. This can be heavy or light bleeding during the month.

Usual heavy discharge. An increased vaginal discharge is also a symptom of cervical cancer. It may be foul smelling, watery, thick, or contain mucus. It varies from woman to woman. It is important to report any unusual vaginal discharge to your doctor.

Pelvic pain. Pelvic pain that is not related to the normal menstrual cycle can be a cervical cancer symptom. Many women describe them ranging from a dull ache to sharp pains that can last hours. It can be mild or severe.

Pain during urination. Bladder pain or pain during urination can be a symptom of advanced cervical cancer. This cervical cancer symptom usually occurs when cancer has spread to the bladder.

Bleeding between regular menstrual periods, after sexual intercourse, douching, or pelvic exam. Bleeding after sexual intercourse, douching, or pelvic exam can be cervical cancer symptoms. This is due to the irritation of the cervix during these activities. While a healthy cervix may have a very small amount of bleeding, many conditions may cause bleeding after activities like sex.

It has been observed that there are about 500,000 (Five Hundred Thousand) new cases of cervical cancer annually. There are 274,000 (Two Hundred and Seventy Four Thousand) deaths annually, eighty percent of which occur in developing countries. It has also been statically proven that 49 %(Forty-nine percent) of women in Nigeria have cervical cancer. For women, sex is could be the main cause as explained earlier. However, this type of cancer is reduced in Jews and nuns as they are known not to engage in sexual activities; plummeting their chances of developing the disease.

PREVENTIVE MEASURES

Condom: Having unprotected sex puts you at risk for HIV and other STD's which can increase your risk factor for developing cervical cancer.

Male Circumcision

Screening Process: A well-proven way to prevent cervix cancer is to have testing (screening) to find pre-cancers before they can turn into invasive cancer. The Pap test (or Pap smear) is the most common way to do this. If a pre-cancer is found it can be treated, stopping cervical cancer before it really starts. Most invasive cervical cancers are found in women who have not had regular Pap test

Get the HPV vaccine. If you are under 27, you may be eligible to receive the HPV vaccine, which prevents high risk strains of HPV in women. The HPV vaccine, cervarix is proven to protect against HPV. Cervarix protects against 2 strains of HPV (16 and 18) that cause cervical cancer. Cervarix is also formulated with *AS04*, a proprietary adjuvant that boosts the immune system response for a longer period of time to HPV strains

Problems with Preventive measures

1. Fear of taking the vaccine
2. Supervision from the parent that the child is involved in sexual activities.
3. Fear of side effects: There is the fear that the vaccine/test have side effects but sincerely there are none.
4. The vaccine is rarely given in Nigeria. The cost of the vaccine has been brought down to N4, 000(Four Thousand Naira).

Stages of Treatment

1. Radio Therapy: is the most common form of treatment for cancer. However, the machines available in Nigeria are very few, precisely 3(three) machines per 100million people as compared

2. Surgery

Recommendations

Lawyers should lobby government to increase the money allocated to the health sector.

Conclusions

Cervical cancer is caused by a virus but it is preventable. It is curable either in stage 1 or stage 2.

Conclusion

Dr. Seyi Roberts informed the lawyers that making all the money and not living to enjoy it was of no use. He felt that many individuals were still not taking their health seriously as they should, considering the amount of people who did not know their blood pressure, cholesterol level etc. He observed that during lunch, people still ate a lot of red meat and cautioned for one piece a day.