

# UNIMED *titbits*

Newspaper Cullings

A bi-monthly bulletin of the University of Medical Sciences, Ondo City, Ondo State.



**Mrs. Akeredolu bags excellence award on cancer awareness**

**Lassa fever: UNIMED leads prevention, control research**

**Zenith Bank, Rite Foods, others donate to UNIMED**

EXCLUSIVE NEWS

## Medical expert canvasses development of herbal medicine

A former Director, National Institute for Pharmaceutical Research and Development, (NIPRD) Emeritus Prof. Joseph Okogun, has advised the Federal Government to focus more attention on the development of Herbal Medicine in order to enhance health care system in the country.

Prof. Okogun, an Emeritus Professor of Chemistry at the University of Ibadan, gave the advice while delivering a Public Lecture recently at the University of Medical Sciences, UNIMED, Ondo.

Speaking on the topic, “Some Efficacious Nigerian Anti-Cancer Herbal Remedies”, the medical expert lamented what he observed as the low attention given to the development and discovery of local plants in Nigeria, from which he stated that the herbal medicine could be manufactured.

Speaking on what he called ethno-medicine, which he described as the medical practice of indigenous people, the University don, however, made a case for regular research to be carried out by experts saying the step would help in revealing the isolation and development of more drugs from plant constituents.

He charged all Scientists from all relevant disciplines, which include, Technologists, Engineering and the Social



L-R: The Vice-Chancellor, University of Medical Sciences, Ondo, Prof. Friday Okonofua FAS; Wife of Ondo State Governor, Arabinrin Betty-Anyanwu Akeredolu; Guest lecturer, Prof. Joseph I. Okogun during the public lecture on anti-cancer remedies

Sciences to collaborate in the project to isolate and develop drugs from plants. On the need for Nigerians to look inward in the process of carrying out herbal extract instead of going abroad to carry out the exercise, the former Director of NIPRD said the development would reduce foreign dependence on scientific data obtained outside the country and would also prevent capital outflow from the country. He commended the Federal Government for the establishment of Mariam Abacha Cancer center Abuja, in its effort at addressing the challenges associated with the disease.

The medical expert appealed to the government to establish more hospitals and allocate additional funds to the health sector for the development of local herbs in order to complement the orthodox medicine which he said are very expensive and not easily available.

Earlier in his address of welcome, the Vice-Chancellor of UNIMED, Professor Friday Okonofua FAS explained that the public lecture was organised as part of the launch of herbal medicine research initiative of the institution.

“We believe that one of the existing unmet needs for the provision of effective health care in Nigeria is the limited understanding of how medicinal plants work and how they can be made to work for healthcare in Nigeria,” he stated.

He hinted that the University will boost the development of herbal medicine through the establishment of a comprehensive herbal farm. Okonofua explained that through this, all known potentially medicinal plants would be documented with their nomenclature and classified in their local and scientific names.

**Culled from Hope Newspaper, September 4, 2017**

## Mrs. Akeredolu bags excellence award on breast cancer awareness

Wife of the Ondo State Governor, Arabinrin Betty Anyanwu-Akeredolu has been presented with an Award of Excellence for promoting breast cancer awareness across the country, by the Vice Chancellor, University of Medical Science (UNIMED) Ondo, Prof Friday Okonofua, at the launching of UNIMED Herbal Medicine Research Initiative held at the University main auditorium.

While commending the university for step taken to bridge the gap between herbal and orthodox medicine, Arabinrin Akeredolu appealed to herbal researchers not to shroud their knowledge in secrecy so that others can be better educated about it, this she added will go a long way to promote its acceptability.

“I am alive today because of orthodox medicine, that is not to say that my mind is close to herbal medicine. If not because some herbal researchers don’t make open their knowledge, some of these herbal medicines can solve most of the health challenges facing us”, she stated.

Arabinrin Akeredolu who called for thorough research work to determine the potency of herbal medicines, stressed the need for funding of researches and re-orientation on the side of the citizens to embrace what they have.



The Vice-Chancellor, University of Medical Sciences, Ondo, Prof. Friday Okonofua FAS(left) presenting an award of excellence to the Wife of Ondo State Governor, Arabinrin Betty-Anyanwu-Akeredolu during the public lecture on anti-cancer herbal remedies.

“We should have a kind of re-orientation of appreciating what we have. This country does not have any research policy on herbal medicine and we are advocating putting our knowledge into practice. We are the one shooting ourselves right on the foot. How many months do our university students spend in schools before embarking on strike? How can a country develop with this kind of distractions? If we really want herbal medicine to be acceptable, there is need for clinical trial and everyone of us including the government must be involved”, Akeredolu said.

The First Lady who observed that most Nigerians prefer Dubai and other European countries’ products explained that there is nothing wrong with Western medical treatment, but there is need to value herbal medicine. She seized the opportunity to invite the audience to the 20th anniversary of Breast Cancer Association of Nigeria (BRECAN) coming up between October 18 and 20, 2017, which she said will be an avenue to also discuss herbal medicine.

While tracing the history of traditional

medicine, the guest speaker, Prof. Joseph Okogun said that traditional medicine consists of plants, animals and incantation, and revealed that most drugs in use now came from nature and traditional medicine. He lauded the management of UNIMED led by Prof. Friday Okonofua FAS for organising the lecture and the launching of a herbal medicine research initiative by the university.

“We believe that one of the existing unmet needs for the provision of effective health care in Nigeria is the limited understanding of how medicinal plants work and how they can be made to work for healthcare in Nigeria. UNIMED has decided to take a lead in pioneering this kind of essential research which will open a floodgate for the discovery of new and effective medications for the improvement of health, not only in Nigeria, but globally”, Okogun said.

The guest speaker explained different ways in which herbal medicine could be used to treat sicknesses like cancers, headache, malaria among others. He urged everyone to join hands in promoting herbal medicine which he maintained is better than orthodox medicine because it is natural.

*Culled from Hope Newspaper, September 4, 2017*

## Surgery, orthodox drugs can't cure cancer, says don

A professor of Chemistry from the University of Ibadan, Joseph Okogun, has said that neither surgery nor orthodox medicine can completely cure cancer. According to him, the best cure for cancer is herbal medicine. Okogun, who said that cancer had become a major cause of disability and death in the world especially in Nigeria, disclosed that there were two anti-cancer herbal remedies in the market at the moment.

The professor, who was speaking at a public lecture organised by the University of Medical Sciences, Ondo, Ondo State, said, "All the treatment methods (for cancer) have their respective side effects whose severities vary from one person to another.

"There has been a great improvement in the surgical procedure and most of the surgeries to remove the prostate (for prostate cancer) or cut the tube that supplies testosterone to the prostate are successful.

"However in most cases the cancer may later return, even after surgery."

Okogun, who was a former Director, National Institute for Pharmaceutical Research and Development, also disclosed that many Nigerian plants and herbs used as foods or traditional medicines had been found to be anti-cancer, saying, "eating such foods could help reduce the incidence of cancer in the country."

In his remarks, Vice Chancellor of UNIMED, Prof. Friday Okonofua FAS, said through its herbal medicines research



L-R: The Vice-Chancellor, University of Medical Sciences, Ondo, Prof. Friday Okonofua FAS; Wife of Ondo State Governor, Arabinrin Betty-Anyanwu Akeredolu; Guest lecturer, Prof. Joseph I. Okogun and Deputy VC, Admin. and Clinical Services, Prof. Odunayo Oluwatosin at the public lecture tagged "Some Efficacious Nigerian Anti-Cancer Herbal Remedies".



Members of Staff of the University of Medical Sciences, UNIMED, Ondo and other dignitaries during the public lecture on Nigerian anti-cancer herbal remedies

initiative, the institution will establish one of the most comprehensive herbal farms in the country that would document all known potential active medicinal plants in a single location.

He said, "We will also establish a laboratory for primary research to test the potential efficacy of the herbal plants in various animal models and thereafter isolate the active biochemical ingredients using modern and up-to-date laboratory techniques."

*Culled from Punch Newspaper, September 9, 2017*

# Lassa fever: UNIMED leads prevention, control research

The University of Medical Sciences (UNIMED), Ondo has taken the lead on the effort to curtail the spread of Lassa Fever in Ondo State.

A medical expert and lecturer at the Department of Community Medicine, at the university, Dr. (Mrs) Njideka Kanu, recently identified major causes of Lassa fever to include poor hygiene, unsafe sexual practices and contaminated sharp objects among others.

Dr Kanu made the revelation while delivering a lecture during a seminar organized by the university in collaboration with the Primary Health Care Department, Ondo West Local Government.

The programme tagged: “Prevention and Control of Lassa Fever: Current Situation and Way Forward” was organised to sensitize members of the public on the control and spread of the deadly disease.

Speaking on a paper entitled: “Epidemiology of Lassa Fever”, the UNIMED lecturer submitted that people in the rural areas are mostly affected by the disease through close contact with sick persons and consumption of uncovered food among others.

She advised health workers to always direct any case suspected to be Lassa fever to local and international experts for laboratory test.

Also in another lead paper presented at the seminar by a senior lecturer in the Faculty of Clinical Sciences at the university, Dr Ayodeji Akinbodewa, entitled: “Lassa Fever, Clinical Presentation and Diagnosis”, he highlighted various symptoms of Lassa Fever to include, fever, weakness, headache, sore throat, cough as well as abdominal pains.

He explained that diagnosis of lassa fever requires high index of suspicion as it can be detected in the blood at the early stage of illness.



A group photograph of participants at the 22nd research seminar on Lassa fever, with the Vice-Chancellor, University of Medical Sciences, Ondo, Prof. Friday Okonofua FAS (middle)

Similarly, the Director of Public Health Care, Ondo West Local Government, Dr. Victor Akinfesoye in another paper tagged, “Preventive and Control Measures-Current situation in Ondo State”, condemned the spread of food items on road sides, while explaining that they are easily contaminated by rats carrying the virus.

He advocated for a law to be enacted by the law making body in the state to check the spread of food items such as yam and plantain flakes on the roadside, citing Owo/Ose and Ikare roads in the Northern Senatorial District of the state to support his claims.

Earlier in his speech, the Vice-chancellor of UNIMED, Professor Friday Okonofua, said the seminar was aimed at educating the public on the danger and prevention of the deadly Lassa Fever.

Prof. Okonofua, called on the public to place more emphasis on avoiding food exposed to rats, he equally stressed the need for them to always cultivate the habit of regular check-up and personal hygiene.

The UNIMED VC reiterated the readiness of the institution to continue to engage members of the public to always seek comprehensive and high quality healthcare.

He reiterated the determination of the university to continue to maintain excellence and thanked the Ondo State Government under the leadership of Arakunrin Oluwarotimi Akeredolu, SAN for his support and commitment to the health sector.

The programme held at the main auditorium of the University located at Odosida in Ondo city had in attendance students and members of staff of the university including all the principal officers of the institution among others.

## FUF: Zenith Bank, Rite Foods, others donate to UNIMED

The Friends of UNIMED Fund (FUF), recorded tremendous turn up in the month of September 2017 as many corporate organisations enlisted as Friends of the University of Medical Sciences, UNIMED, Ondo, by donating either in cash or in kind. On Thursday September 7, 2017, the Ondo branch Manager of Zenith Bank, Mrs. Modupe Abodunde paid a courtesy visit to the Vice-Chancellor of UNIMED, Prof. Friday Okonofua in his office.

Mrs. Abodunde who presented a cheque of ₦500,000 to the Vice-Chancellor said the donation is in line with the desire of Zenith bank to partner with UNIMED.

“ This donation is on behalf of Zenith bank in response to earlier correspondence we had from the University inviting us to donate to the FUF initiative. We hope this will go a long way in assisting the university in achieving its vision”, Abodunde said.

The Vice-Chancellor, UNIMED, Prof. Friday Okonofua FAS appreciated the bank representatives for the gesture and called on other corporate organisations to emulate Zenith bank.

In a similar vein, First Bank Plc, Ondo Branch and Wema Bank Plc, Ondo Branch donated ₦200,000 and ₦50,000 respectively to the University.

Rite Foods Nig. Ltd has also enlisted as a Friend of the University by donating 42 packs of Bigi bottle water, 20 packs of Bigi soft drinks and 10 packs of Bigi Fearless Energy Drinks.

The donation was made by the Bakery Manager, Mr. Adeniyi Akinde; the Beverage Manager, Mr. Tajudeen Adebawale and the Chief Accountant of the South West Zone, Mr. Aliu.

The donation was made in preparation for the launching of the Akintade Faculty of Clinical Sciences building.

The representatives of Rite Foods



L-R: The Marketing Manager, Zenith Bank, Ondo, Mr. Steven Onuoha; Branch Manager, Zenith Bank, Ondo, Mrs. Modupe Abodunde; Fund Raising Officer, UNIMED, Princess Chukwu; Acting Registrar, UNIMED, Mr. Adeyinka Adekalu; Vice-Chancellor, UNIMED, Prof. Friday Okonofua; Deputy VC, Admin. and Clinical Services, Prof. Odunayo Oluwatosin; Director, Advancement and Documentation, UNIMED, Prof. Abimbola Akintade during the visit of Zenith Bank representatives to the university.



L-R: Bakery Manager, Rite Foods, Mr. Adeniyi Akinde; Fund Raising Officer, UNIMED, Princess Chukwu; Beverage Manager, Rite Foods, Mr. Tajudeen Adebawale; Acting Registrar, UNIMED, Mr. Adeyinka Adekalu; Chief Accountant, Rite Foods, Mr. Aliu; Supplies Officer, UNIMED, Mr. Jude Udenchukwu and CSO, UNIMED, Mr. Odundayo Olagbede receiving gifts from Rite Foods Nig. Ltd

revealed that the company will donate Rite/Bigi sausages to the University a few days prior to the commissioning ceremony.

The Acting Registrar, UNIMED, Mr. Adeyinka Adekalu on behalf of the Vice-Chancellor received the items and appreciated Rite Foods Nigeria Ltd for the donation. He described the gifts as very thoughtful and timely as it will go a long way in the preparation for the launching of the Chief Akintade building.

# UNIMED September Birthdays

## Students

Jimoh	Philip	Sept. 1
Oyewole	Godwin	Sept. 1
Olayinka	Ololade	Sept. 3
Akinnibosun	Al-furqan	Sept. 3
Onimawo	Ochuwa	Sept. 3
Kuti	Benjamin	Sept. 3
Patric	Merit	Sept. 5
Lawal	Joshua	Sept. 6
Aliu	Ayomide	Sept. 6
Oluboyo	Ganiyat	Sept. 7
Namuna	Osato	Sept. 8
Ikugbayigbe	Temitope	Sept. 8
Hassan	Blessing	Sept. 8
Fatukasi	Blessing	Sept. 9
Jesusanya	Esther	Sept. 9
Makinde	Temitope	Sept. 10
Adejumola	Precious	Sept. 12
Olaogun	Ibukun	Sept. 13
Ogede	Juliet	Sept. 13
Agunbiade	Olusemiloore	Sept. 13
Omodara	Blessing	Sept. 13
Igbinaduwa	Stephanie	Sept. 15
Ogunjobi	Olawale	Sept. 16
Olaoluwa	Stephen	Sept. 16
Abayomi	Precious	Sept. 16
Gold	Mofehintoluwa	Sept. 17
Kolawole	Rereloluwa	Sept. 17
Ogunmiluyi	Oluwafunbi	Sept. 17
Ajao	Bolanle	Sept. 18
Omotoye	Emmanuel	Sept. 18
Olagoke	Iyanuoluwa	Sept. 19
Adeniyi	Rachael	Sept. 19
Yinusa	Timilehin	Sept. 19
Oni	Moyinoluwa	Sept. 20
Adefemi	Adetomiwa	Sept. 21
Oyedokun	Olaboye	Sept. 22
Olabanji	Olamigoke	Sept. 23
Omotoso	Success	Sept. 24
Ibrahim	Wakilat	Sept. 24
Jimoh	Ashiat	Sept. 25
Afekhena	Babatunde	Sept. 26
Olu-Jinadu	Precious	Sept. 26
Bayegun	Temiyele	Sept. 27
Oladipo	Adewale	Sept. 27
Abioye	Damilola	Sept. 28
Agboola	Oluwatosin	Sept. 28
Omodojo	Deborah	Sept. 29
Abdulsalam	Fuad	Sept. 30
Bernard-Awe	Folakemi	Sept. 30

## Staff

Miss Diana	Ojoeme	Sept. 2
Mr. Fadele	Ayodele	Sept. 5
Mrs. Opeyemi	Aladekoyi- Akintola	Sept. 10
Mr. Adekoya	Johnson	Sept. 11
Mr. Mathew	Paul	Sept. 11
Mr Bada	Oluwadare	Sept. 18
Mrs. Ologere	Bunmi I.	Sept. 26
Mr. Ogundare	Oluwasegun	Sept. 30
Mr. Fabusuyi	Abraham O.	Sept. 30

## HEALTH CORNER

### 10 ways to prevent Diseases

Communicable or infectious diseases are infections transmitted from an infected person, animal or reservoir to another person. These infections can be spread from direct or indirect contact. Knowing how infectious diseases are spread can help minimize the risk of infection. Adopting healthy behaviors can reduce illness. There are simple things you can do to prevent illness.

1. Keep Immunizations up to date
2. Wash your hands often
3. Be aware of what you eat, and be careful how you prepare it
4. Use antibiotics exactly as prescribed
5. Report to your doctor any worsening infection that does not get better after you take a prescribed antibiotic
6. Be cautious around wild and domestic animals that are not familiar to you
7. Avoid areas of insect infestation
8. Avoid unsafe unprotected sex and injection drug use
9. Stay alert to disease threats when you travel
10. When sick, allow yourself time to heal and recover.

## About UNIMEDtitbits

- UNIMED *titbits* is a bi-monthly news publication of the Public Relations Department.
- Heads of Departments/Units, Deans and Principal officers of the university are hereby encouraged to carry the PR dept along in the planning of events related to the University .

### Call for Articles

Articles of not more than 250 words in electronic format are welcomed for publication from both staff and students of the University

**For comments / enquiries**, please contact the PR dept.

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