

HIFASS NEWSLETTER 2022

XIFASS

HEALTH INITIATIVES FOR SAFETY AND STABILITY IN AFRICA

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EDITORS NOTE

The current economy and the political instability going on in Nigeria have left many wondering, pondering and some are gradually slipping into a state of **DEPRESSION!**

Creating awareness of depression, its meaning, causes, health risks, and ways to detect depression early; could help reduce the possibility of one falling into **DEPRESSION**

Ukoha Oluchi Glory



MEANING OF DEPRESSION

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest; it also affects how you think, and behave and can lead to a variety of emotional and physical problems. It is not a weakness and you cannot simply “SNAP OUT OF IT”!

Depression is a serious disorder that can take a terrible toll on you and your family. It often gets worse if it isn't treated, resulting in emotional, behavioral, and health problems that affect every area of your life. It is one of the most common mental illnesses. During a depressive episode, people feel like they're in a deep, dark pit for weeks or months, and often can't see any way out. In chronic depression, the symptoms last for years. Treatment can shorten depressive episodes and relieve the symptoms.

Source:

https://www.ncbi.nlm.nih.gov/books/n/pmh_iqwiglossary/def-item/def233/

Examples of complications associated with depression include:

- Excess weight or obesity, can lead to heart disease and diabetes
- Pain or physical illness
- Alcohol or drug misuse
- Anxiety, panic disorder, or social phobia
- Family conflicts, relationship difficulties, and work or school problems
- Social isolation
- Suicidal feelings, suicide attempts, or suicide
- Self-mutilation, such as cutting
- Premature death from medical conditions

SYMPTOMS

Although depression may occur only once during your life, people typically have multiple episodes. Symptoms may include;

- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sexual intercourse, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

For many people with depression, symptoms usually are severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Common signs and symptoms of depression in children and teenagers are similar to those of adults, but there can be some differences. In younger

children and teens, symptoms of depression may include sadness, irritability, clinginess, worry, aches, and pains, refusing to go to school, being underweight, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction

Also, depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems, or loss of interest in sexual intercourse – not caused by a medical condition or medication
- Often wanting to stay at home, rather than go out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

CAUSES

It's not known exactly what causes depression. As with many mental disorders, a variety of factors may be involved, such as:

Biological differences: People with depression appear to have physical changes in their brains. The significance of these changes is still uncertain, but may eventually help pinpoint causes.

PASSION AND PARTNERSHIP

Brain chemistry: Neurotransmitters are naturally occurring brain chemicals that likely play a role in depression. Recent research indicates that changes in the function and effect of these neurotransmitters and how they interact with neurocircuits involved in maintaining mood stability may play a significant role in depression and its treatment.

Hormones: Changes in the body's balance of hormones may be involved in causing or triggering depression. Hormone changes can result with pregnancy and during the weeks or months after delivery (postpartum) and from thyroid problems, menopause, or a number of other conditions.

Inherited traits: Depression is more common in people whose blood relatives also have this condition. Researchers are trying to find genes that may be involved in causing depression.

PREVENTION

There's no sure way to prevent depression. However, these strategies may help take steps to control stress, increase your resilience, and boost your self-esteem

- Reach out to family and friends, especially in times of crisis, to help you weather rough spells
- Get treatment at the earliest sign of a problem to help prevent depression from worsening
- Consider getting long-term maintenance treatment to help prevent a relapse of symptoms

TREATMENT

- Treatment consists of antidepressants

- The mainstay of treatment is usually medication, talk therapy or a combination of the two. Increasingly, research suggests that these treatments may normalize brain changes associated with depression.

Source: www.mayoclinic.org/disease-conditions/depression/symptoms-causes/syc-20356007

[COMMUNITY OUTREACHES]

1. 2022 CANCER REMEMBRANCE DAY

World Cancer day is a global health awareness day under which the entire world unites together to fight against the global cancer epidemic.

The Aim of World Cancer Day is to prevent millions of deaths by raising awareness and asking the government and other health-related bodies/organizations; even individuals (affected or not) across the world to take a stand against this Disease!

On February 4th, 2022 HIFASS joined the Pink/Blue foundation to commemorate world cancer day through the walk against cancer.

The slogan for the year 2022 is “CLOSE THE CARE GAP”, it is a call to everyone both collectively or individually, to commit to strengthening actions aimed at improving access to quality care, including screening, early detection, and treatment.

WHAT CAN YOU DO TO REDUCE YOUR CANCER RISK?



Choose healthy foods



Move more



Quit smoking & vaping



Cut down on alcohol



Be sunsmart & stay away from sunbeds



Avoid pollutants and chemicals (including asbestos, pesticides and containers containing BPA)



Get vaccinated against HPV



Know the signs & systems

SNIPPETS FROM THE WALK AGAINST CANCER



WORLD TB DAY 2022

The theme for the 2022 World TB Day “Invest to End TB, save lives” conveys the urgent need to invest resources to ramp up the fight against Tuberculosis and archive the commitment to end TB. It is usually marked on the 24th march each year; this year was not an exception, it included community outreach, road walk, school awareness and so much more.

TB TESTING WEEK

The federal government through the National Tuberculosis and Leprosy Control Programme (NTBLCP), carried out community testing for TB in August 2022. The week-long testing was carried out in the Gishiri community in The Federal Capital territory.

The national coordinator of NTBLCP under the federal ministry of health, Dr chukwuma anyike said “that the initiative was geared to finding the over 300,000 missing cases in communities across the country, educate Nigerians on best prevention practices and raise awareness on the signs and symptoms to look out for and also to how to get help!”, Speaking further he advised community leaders to make sure that the community works hand in hand to ensure that persons who test positive for TB; take their medication regularly so they don't infect others; seeing that it is a transferable and airborne disease. Also, anybody who

has received treatment should “NOT” be discriminated against.

The Chief of the Gishiri community, Bala Akusu, expressed gratitude for the program, noting that the intervention would help save the community and reduce the mortality rate through TB.

5 FACTS TO KNOW ABOUT TB:

- TB disease, though deadly, is **CURABLE!** -It is treated by a standard 6-month course of 4 Antibiotics.
- TB is caused by some bacteria (mycobacterium tuberculosis) and it most often affects the lungs.
- People infected with TB bacteria have a 5-10% lifetime risk of falling TB disease. Those with compromised immune systems, such as people living with HIV, malnutrition, or diabetes, or people who use tobacco, have a higher **RISK** of falling ill!
- TB is spread through the air when people with lung TB cough, sneeze, or spit, an un-infected person needs to inhale only a few germs to become infected.
- A person who has both HIV infection and active TB disease, has an **AIDS-defining** condition.







The chairman, National tuberculosis and leprosy control programme NTBLCP, Dr Chukwuma Anyike(middle) and some participants at the 2022 world TB day road walk.



to their unborn child, and can also transmit the virus during childbirth and when breastfeeding.

- You can't get HIV from insect bites or stings, hugging, shaking hands, or sharing toilets or dishes, according to the CDC. You can't get HIV from a closed-mouth kiss or contact with an infected person's sweat or tears, nor can you get it by simply working or hanging out with someone who is HIV-positive or has AIDS.

The World AIDS Day (WAD) is commemorated every 1 December to mourn those who have passed away due to AIDS and to continue raising awareness about the epidemic. The 2022 WAD global theme was Equalize and the national theme Equalize to end AIDS: Equal access to treatment and prevention services.

This year, HIFASS joined the National Agency on* control of Aids NACA to commemorate the world aids day.

World AIDS Day remains as relevant today as it's always been, reminding people and governments that HIV has not gone away. There is still a critical need for increased

funding for the AIDS response, to increase awareness of the impact of HIV on people's lives, to end stigma and discrimination and to improve the quality of life of people living with HIV.

5 FACTS TO KNOW ABOUT HIV:

HIV stands for human immunodeficiency virus. A person who is pregnant and has HIV/AIDS can pass HIV

There is no cure for HIV. However, there is effective treatment, which, if started promptly and taken regularly, results in a quality and length of life for someone living with HIV that is similar to that expected in the absence of infection. HIV can be found in body fluids, such as blood, semen, vaginal fluids and breast milk.





EARLY-STAGE SYMPTOMS OF HIV



Many people – about 2 in 3 – experience flu-like symptoms within two to four weeks of contracting HIV. (2) Known as acute retroviral syndrome (also called acute HIV infection or primary HIV infection), these symptoms are the immune system's natural response to the virus.

Symptoms include:

- ★ Fever
- ★ Chills
- ★ Night sweats
- ★ Muscle aches
- ★ Fatigue
- ★ Swollen lymph nodes
- ★ Mouth ulcers
- ★ Rash
- ★ Sore throat



During this very early period, HIV may not always be detected by testing, since it can take time for the virus to show up on tests.

www.everydayhealth.com/sore-throat/





SITE COMMANDER/SITE TEAM LEADERS MEETING

The Nigerian Ministry of Defence Health Implementation Programme -United States Department of Defence Walter Reed Programme-Nigeria (NMOD HIP-USDOD WRP-N) held its Site Commander/Site Team Leaders meeting from 20th-22nd September, 2022. The Programme meets bi-annually to review programme activities and chart the best sustainable strategies

The Goal of the Collaboration is for Care and Treatment of Personnels affected by HIV/AIDS, which has grown to include management of diseases of Military and Public health significance. Each Site representatives including HIFASS were given 10mins each to present a brief of their activities.



NEW STAFF FOR 2022/2023

HIFASS welcomes all her new staff and wishes them a fruitful time in service.



Name: Violet Essien
Location: 6 Battalion MRS Abak
Position: Program Admin Specialist/M&e Officer
Date of Resumption: 1st June 2022



Name: Yabaya Shekinah Amos
Location: 44Nigeria Army Reference Hospital Kaduna
Position: Program Pharmacist
Date of Resumption: 1st June, 2022



Name: Hamilton Unyime Gabriel
Location: Defence Headquarters Medical Center Asokoro, Abuja
Position: Medical Officer II
Date of Resumption: 1st July, 2023



Name: Elekwa Chinenye Eliabeth
Location: 68Nigerian Army Reference Hospital Yaba
Position: Data Entry Assistant
Date of Resumption: 1st August, 2022



Name: Okon Blessing Edet
Location: DHQ MC Abuja
Position: Data Entry Assistant
Date of Resumption: 1st October, 2022



Name: Augustine Oluwatimilehin Moses
Location: DRL Abuja
Position: Laboratory Information System-Administrator
Date of Resumption: 1st November, 2022



Name: Adamu Joy Ile
Location: Military Hospital Port-Harcourt - MHPH.
Position: Medical Officer II
Date of Resumption: 9th January, 2023



Name: Violet Essien
Location: 6 Battalion MRS Abak
Position: Program Admin Specialist/M&e Officer
Date of Resumption: 1st June 2022



Name: Yabaya Shekinah Amos
Location: 44Nigeria Army Reference Hospital Kaduna
Position: Program Pharmacist
Date of Resumption: 1st June, 2022



HIFASS 15TH ANNIVERSARY

The 17th of November 2022

HIFASS HQ celebrated HIFASS AT 15



SOCIAL-CORNER

Staff Send-off at 68NARH Yaba



Caroline Obajuwana (M&e Officer/ Data Entry Specialist)
Celinah Momh (M&e Officer/Data Entry Specialist)
Olugbenga Kayode James (Program Admin Specialist)



**HIFASS BOT Secretary,
Dr. Omatsola Oritejafor
Lawanson,**
bagged a Doctorate degree in
Theology from the New Jersey
institute of Theology,
United State of America in 2022.



Site M&E Officer **CHIEF ISIKAKU
EMMANUEL CHINWENDU**, was conferred
the chieftaincy title of **AKUZUONU 1 OF
MGBARUKUMA UBAKALA
AKUMA UKWU DAY CELEBRATION!!**
Mgbarakuma ommunity, ubakala Umuahia
south, Abia State was agog on 29th December,
2022 with the celebration of Akuma Ukwu Day
and Conferment of Chieftaincy Title on **CHIEF
ISIKAKU EMMANUEL CHINWENDU**
amongst others and awards in Honour of HRH
Eze Ebere Ubani, the Akuma Ukwu III of
Mgbarakuma..

HIFASS BABIES



Site Team Leader/Medical Officer II: Dr. Ekkeh delivered a set of Twins on the 15th August, 2022.

BIRTHDAYS



AD/HR Susan Opurum celebrated her birthday on the 10th of march



Augustina Akowe (HIFASS HQ Janitor) welcomed her bouncing baby girl on the 17th of Nov. 2022



Dr. Osaze Isreal_Medical Officer II at 68 NARH Yaba.

WEDDINGS



Jock Paul Shunom(Data Entry Specialist at DRL Abuja) wedded his Wife on the 9th April, 2022.



M&e Officer/Data Entry Specialist, Uzomah Nnadozie Michael 18th of January and 12th of February 2022

BIRTHDAYS



HIFASS B.O.T Secretary, Dr Mrs Omatsola Oritsejafor Lawanson was celebrated by the hq staff on her birthday September 1st.



TOSAN Yalaju HIFASS Logistician celebrated his 40th birthday on the 24th of November

SUPPORT A WIDOW!!!

HIFASS would appreciate your sincere support for HIV-positive widows and out-of-school children!!

HOW?

- Play a part in the hostel project for HIV-positive widows who need shelter. A piece of land has been purchased but we still need your Support towards the building project and this would cost about N5,000,000
- Support a widow on cataract surgery annually at N100,000.
- Support out-of-school children on scholarships in Primary education, Secondary and Tertiary levels.
- 20 students at Primary level at N50,000 each for a year
- 20 students at Secondary level for at N70,000 each for a year
- 15 students of Tertiary level, N100,000 each for a year
- Empower a widow on a skill acquisition training or give financial support at N50,000.

Kindly send us your donation payable by Cheque/Bank draft in favor of "HIFASS ACCOUNT 4"

Zenith Bank

Wuse Zone 3, Abuja.

Account #:1015598708

Online Donations:

www.hifass-hfi.org/donations

Donations can be made in cash or kind.

For-further details, please see the address on the back cover.

HIFASS acknowledges the role and support of the following funders/partners:

National Agency for Control of Aids(NACA)

Nigeria Ministry of Defence Health Implementation Program (NMOD HIP)

National Tuberculosis and Leprosy Control Programme (NTBLCP)

United States Agency for International Development (USAID)

United States Department of Defence Walter Reed Program-Nigeria (USDOD-WRP-N)

We would also like to thank the following individuals for their Contributions in this edition:



The Management and Board of Trustees HIFASS

Entire staff working on all the HJF projects sites










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