HCPAN partners government to relieve patients' financial burden

Ogechi Ukaogo

Health care providers of Nigeria's HCPAN is set to collaborate with the public sector in relieving citizens of financial burdens through health insurance.

Taking into consideration the current economic status of the country, the association has decided that a better way to help is to encourage the enrolment of Nigerians in the public health insurance scheme. Hence, HCPAN is collaborating with a private healthcare provider in order to make insurance accessible to all Nigerians.

The President of HCPAN, Dr. Umar Sanda disclosed these during the ongoing campaign day, specifically during the organisation's 12th National Annual General Meeting in Scientific Conference.

“Since many citizens find it difficult to even purchase simple medications like drugs and pay their hospital bills especially at the centres that serve a majority of health professionals. The event will run from day through the night,” Sanda said.

According to the President of HCPAN, although the association itself has its own challenges in terms of benefits, the national government has come in and assisted.

42 nurses, others receive training on breast cancer

Obinna Odoh

A Non-governmental Organisation (NGO) in Abuja has trained 42 delegates drawn from the Federal Capital Territory (FCT), Enugu and Kebbi States, respectively, on breast cancer.

The organisation, which is called Breast Cancer Survivors and Social Workers, which is called breast cancer survivors and social workers, organised the programme. The initiative, Pink Blue Health and Social Trusts Cercet in collaboration with the Federal Ministry of Health (FMoH) and Union for International Cancer Control (UICC), Pfizer US, is currently in progress in Abuja.

The group's initiative aims to train 10,000 nurses and social workers on breast cancer, according to the programme.

Vaccinate your children against cervical cancer - HEDEN

A non-governmental organisation, Health Education and Development Education Network (HEDEN), has stressed the need for an early and thorough medical screening by any individual, once a sign of cervical cancer is noticed.

According to the organisation, it is to ward off the disease and create a new sense of life.

The advice was given by the Executive Director, Mrs. Olu Akin, during the screening programme, which was held in Ibadan State at the weekend.

Also, the organisation said that for early detection of cancer, screening of children, boys and girls, should be made before the age of 11 years.

According to the organisation, no early detection is possible by reaching the Papilloma Virus (HPV) before the age of 11 years.

The screening programme was taken to a faith-based women group in Abeokuta, Osun, and Ogun States, and it was supported by the Nigerian Association of Women for Cancer Education.

The programme included screening for cervical cancer, presentations on symptoms of cervical cancers, what women should do if they notice any of these symptoms, and how early detection saves lives, among other things.

During the programme, about 500 women were treated.

Healing with Tumeric (2)

Nature Power

Anselm Ardu

Turmeric, a perennial herbaceous plant, is known for its medicinal properties, including its anti-inflammatory and anti-oxidant effects. It is commonly used in traditional medicine to treat a variety of conditions, including digestive disorders, skin conditions, and infections.

As a new study on the link between turmeric consumption and inflammatory bowel disease (IBD) has shown, turmeric and its active component, curcumin, may play a significant role in reducing inflammation and promoting gut health.

Common scents that give your health a boost

Aromatherapy is a form of alternative medicine that uses essential oils to improve overall health and well-being. It is based on the idea that smell can influence mood and physical health.

Common scents that give your health a boost include:

- Peppermint: Known for its cooling effect, peppermint can help relieve digestive discomfort and promote respiratory health.
- Lavender: A gentle, soothing scent, lavender is believed to reduce anxiety and promote relaxation.
- Lemon: Fruits and essential oils from lemons are known for their antiseptic and anti-inflammatory properties.
- Eucalyptus: Popular for its aromatic properties, eucalyptus has been used traditionally to treat respiratory issues.
- Tea Tree: Known for its antiseptic properties, tea tree oil is used to treat infections and skin conditions.

Using these scents in your aromatherapy routine can provide health benefits, such as reducing stress, improving sleep, and boosting mood.