



THE NATION

HEALTH

Reddington Hospital performs novel prostate cancer surgery

By Adekunle Yusuf and Ademola Adewusi

THE Reddington Hospital Group, Lagos has again raised the bar in quality and affordable health care delivery service in Nigeria with the successful conduct of first Laparoscopic Radical Prostatectomy in Sub-Saharan Africa.

Laparoscopic Radical Prostatectomy is a minimally invasive surgery procedure used to remove a patient's cancerous prostate. Laparoscopic surgery differs from traditional open surgery by making five small incisions as opposed to large one to perform the surgery. This leads to less blood loss, less abdominal trauma, faster recovery rate and better cosmetic outcomes.

A consultant Urological and Robotic Surgeon and clinical lead surgeon for Urology, Clive Cloyd Hospital in Wales, United Kingdom, who collaborated with Reddington Hospital on the project, Prof. Kingsley Ekwueme, said prostate cancer is more prevalent among blacks than Caucasians even though figures show higher rates in Europe and the Americas due to high rate of testing.

Ekwueme said prostate cancer is the number one killer among Nigerian men followed by breast cancer for women. He said, therefore, there is one male suffering from prostate cancer in nine out of 10 homes in Nigeria.

Ekwueme said the collaboration with Reddington will reduce medical tourism and capital flight as the hospital has the

cutting edge medical technology for Laparoscopic radical prostatectomy, which is cheaper than robotic surgery but gives equal result.

He said it cost as much as \$30,000 Pounds Sterling for one session of Laparoscopic radical prostatectomy in the United Kingdom and many Nigerian men have been his patient. This does not include the cost for flight for the patient and accompanying family member and accommodation.

This is a far cry from an equivalent of 1,000 Pounds Sterling charged in Nigeria for the prostate cancer patient daily operated would not lose his erection and can function very well with his spouse.

The consultant urological and robotic surgeon, who described prostate cancer as a significant public health burden, said prostate cancer is the commonest male cancer and a leading cause of death.

Studies have shown that the black nations of Africa and Latin America have the highest rate of death as a result of prostate cancer than the Americas and the European countries. The mortality of prostate cancer in Nigeria is higher than that of the UK, United States and other European countries.

A study carried out in Lagos shows that in 100,000 pop-

ulation of Lagos, we have over 1,000 diagnosis of prostate cancer, compared with the UK, where you have 150 to 100,000. Invariably, Lagos alone has a higher rate of prostate cancer compared with UK.

"What we are here for is to treat and cure prostate cancer with surgery like it has never been done before. Prostate cancer can be treated with advanced technology and equipment, which cannot take more than two hours or less, even here in Nigeria without having to travel abroad. Prostate cancer can be treated cheaper and better here in Nigeria at Reddington Hospital," he emphasised.

With the usual process of operating prostate cancer, a patient can stay weeks in the hospital. However, this new process and techniques, patients do not take more than two days or less after the operation has been done: the patient only sleeps overnight and will be discharged. He explained that after the patient has been discharged, monitoring is also required just like the usual process. The usual process comes with high risks like blood loss during the operation or the patient not being able to have erections after the operation.

According to the surgeon, over 50 per cent of patients prefer to die rather than to live without having erections. All these risks are off in Laparoscopic surgery, Ekwueme assured.

Ekwueme said conversation

is ongoing with the Reddington Hospital to fully maximise the medical equipment and expertise in the hospital to establish a prostate cancer and diagnostic facility at the hospital.

He urged men who are above 40 to go for regular test to know their PSA (prostate-specific antigen) level as early detection would ensure survival of the patient.

Chief Operating Officer (COO), Reddington Hospital Group, Mr. Emmanuel Matthews, said the hospital has invested in cutting-edge technology and attracting best medical expertise in Nigeria and in the Diaspora to ensure that the hospital maintains global best practice and ensure affordable health care.

Matthew said Reddington Group has over the years pioneered medical breakthroughs in Nigeria like the 66-year-old man, Mr. Oluwatoyin Adeyemi, who in 2020 underwent a complex heart surgery involving a coronary artery bypass graft and mitral valve repair.

The patient, an elderly man (names withheld), who went through the Laparoscopic radical prostatectomy, said he was highly elated at the success of the surgery, noting he could walk, eat immediately and he is feeling very well.

"Though I have the resources to go abroad for this surgery, I came to Reddington Hospital on recommendation and I am very satisfied," he added.

'Why we established world-class workers' clinic'

By Chaitan Ganiu

THE Daily Need Group (DNG), a foremost pharmaceutical, medicine and food manufacturing firm, has explained why it opened a world-class clinic for its workers, saying it is a demonstration of its commitment to providing the best health care for employees.

This was disclosed when the pharmaceutical, medicine and food manufacturing firm, inaugurated a state-of-the-art medical facility in Lagos.

The new on-site clinic is in partnership with Sparklight Specialist Hospital to provide first aid services for workers. The Chief Medical Director, Sparklight Specialist Hospital, Dr. Omlana Ahmed, said his company is honoured to partner DNG.

Ahmed said: "This is a world-class industrial clinic that is duly registered and approved by Lagos State Government. We are excited that the Daily Need group knows our standard of offering the highest standards of care with the latest treatments."

"Instead of staff parading different hospitals without having adequate treatment, the clinic has been set up to cater for them. Our professional medical team will be on the ground every day to attend to any emergencies medical cases during and after working hours. We will offer them basic first aid before referring them to the hospital."

Omlana urged the management, board of directors and staff of the DNG to think about their protection as their safety first. The Managing Director of DNG, Oluwatoyin Jolayemi, said the clinic was built exclusively for staff to improve their quality of life as well as help curb rising health care costs.

"It is something we've always wanted to have for the benefit of the staff so that they will have access to wellness on our premises before they go out and to be able to give them what I will call a minimal standard of healthcare within our premises even before sending them to any other facility. As a manufacturing company, it is part of our development programmes to set up a modern factory which complies with all world health organisation requirements. Today, we decided to launch a state-of-the-art medical facility for our staff."

"We leave things for professionals to do so it's easier for us to run our clinic by handing it over to a medical expert to be able to give our very best care than us employing a nurse and relying on our own. It's better to partner with professional bodies' hospitals to run it for us."

"Most of our workers are on health maintenance organisations (HMOs) plans, which we pay for but with this clinic, they do not need to go to HMO. This is like a wellness clinic, where you discover or test the condition of their health, which is going to be at the company's cost," Jolayemi said.

FMC doctor gets maiden Shalina Rising Star Award

By Adekunle Yusuf

A MEDICAL doctor at the Federal Medical Centre, Owo, Ondo State, Dr. Adebayo Olatolu, has emerged the winner of the maiden edition of Shalina Rising Star Award, a unique platform for Nigerian resident doctors to showcase their talents.

The award was organised by a leading multinational pharmaceutical company in Nigeria, Shalina Healthcare. Olatolu won the contest at the grand finale of the event which took place in Lagos.

Speaking after receiving N1 million, an award plaque and a certificate of participation, Olatolu, while appreciating the organisers and sponsors of the event, said: "It is a thing of joy to see a company thinking in this direction in the face of the global economic challenges. And it is more significant that this idea is to encourage professionalism and learning in the medical profession. I thank Shalina Healthcare and pray for more prospects for the company."

Also, the Chairman, Nigerian Medical Association (NMA), Lagos State Chapter, Dr. Adetunji Adenekan, said: "This is unprecedented in the history of Nigerian medical profession, and I would like to give kudos to the organisers of the event. I thank you for what you are doing; it is very encouraging and I want to assure you that the NMA is ready to partner with you."

The National President, Nigerian Association of Resident Doctors (NARD), Dr. Isaya Godiya, represented by Dr. Ononiyi Ayoluwu, also expressed the gratitude of the association to the organisers of the event. "This is a very good way of rewarding excellence in our profession. We are very impressed in what we are seeing here today. We thank the organizer for providing this great platform for learning and education. We also congratulate our members who are participants in this contest; we are very proud of you all," he said.

One of the special guests of honour at the event, Dr. Sohus Ozuomba, Chairman, Society for Family Physicians of Nigeria (SOFON), Lagos State Chapter, also promised the support of his association while another special guest at the event, Dr. Bironke Shodinde, President of Medical Women's Association, Lagos State Chapter, commended the organisers and promised the support of the association. "This is fantastic programme, with this, Shalina Healthcare is breaking new grounds; it is very inspiring, very insightful and very motivating. Please continue with this and you are not to do it alone; we are with you," she said.

The Vice President/Head, Shalina West Africa, Arun Raj, said the idea of Rising Star was not just to give back to the people, but also to strengthen the medical profession. "It provides an opportunity for medical professionals to sharpen their analytical skills and also provides a forum that offers guiding tips to upcoming specialists from senior experts," Raj said.



From left: Surgical Assistant to Prof. Kingsley Ekwueme, Joan Roberts; Prof. Ekwueme; Mr. Matthews, and Director Reddington Hospital, Dr. Sola Olatolu, at a press conference to announce the first Laparoscopic Radical Prostatectomy conducted in Sub-Saharan Africa, at the Reddington Hospital - on Tuesday.

ESGN kicks off endometriosis essay contest

By Adoola Ogunlade

THE Endometriosis Support Group Nigeria (ESGN) has announced its yearly secondary schools essay competition now covering schools in Lagos, Delta states and Abuja in a bid to increase awareness about endometriosis among students.

The Grand Patron of ESGN, Dr. Abayomi Ajayi, announced this at a press conference held recently as part of the activities for endometriosis awareness.

He said endometriosis in adolescent females is a hidden, advancing and severe disease that deserves attention, not just empathy, adding that increasing awareness could potentially help women and teenage girls

seek treatment before their symptoms cause serious long-term medical complications.

He noted that March is celebrated as Endometriosis Awareness Month, noting that the global community is beaming its spotlight on the condition called endometriosis.

"In furtherance of our resolve to create awareness of endometriosis among adolescent females, we announced our annual secondary schools essay competition will cover schools not only in Lagos but also in Delta state and the FCT."

This year, we are raising the bar a notch higher by adding a

special award to the school of the late letter apart from the individual prize money. We believe that these partnerships will help shape the workplace and school policies that may see better support for women living with endometriosis," he said.

Ajayi said the ESGN was beginning to see that a lot was being missed in adolescents, so the focus would be on adolescents.

"We have been doing that indirectly anyway by going to the secondary schools because that is where endometriosis starts," he said.

He stressed that the development was one of the