

EOhealth's
newsletter



BEHIND THE SCENES



Content

CONTENT

1. WELCOME ADDRESS BY THE FOUNDER
2. LATE MID-YEAR ACHIEVEMENTS
(JULY-NOVEMBER)
3. Interview with the first “volunteer
of the month”
4. Health Tips
5. Revealing A Medical Hero
6. Medical Puns
7. Crossword puzzle
8. Departmental News
9. Social media handles

Welcome Address



Welcome to the 2nd edition of EOhealth's newsletter! We're excited to share your health insights, expert advice, and community news. At EOhealth, we believe health is wealth, so this newsletter shares our passion for wellness, education, and commu-

nity support. As we take you "BEHIND THE SCENES," you'll see through our achievements from July; expect valuable tips and updates, and stay informed about the latest medical advancements, wellness tips, and health initiatives.

WELCOME ONCE AGAIN!

Owolabi Emmanuel,
Founder, EOhealth.

LATE MID-YEAR ACHIEVEMENTS



(JULY-NOVEMBER)

JULY

July 2nd: Health Fair: To Celebrate the Health Fair at Babcock University, EOhealth in collaboration with BUAMS, Francisco Udofia Foundation, Doctors on the Move Africa, BUTH (Babcock University Teaching Hospital), FIDSON, SCORA, GVSIF (Global Vision Support International Foundation), Medical Aid, provided some free health services to the entire Babcock community which involved students, staff, and visitors. The Health Fair took place at the Babcock Business School Car Park. Our goal was to provide free healthcare checks, health talks, drugs, and glasses to those in need and host a blood drive. We welcomed 136 attendees and were supported by 28 volunteers. The target audience included Babcock students and workers.

The outcomes were impressive: 39 blood bags were collected, over 60 people volunteered to give blood, more than 70 received necessary drugs, and over 30 obtained glasses. The feedback was overwhelmingly positive, with many attendees expressing surprise at the high turnout and appreciation for the efficient use of their time. This was a collective achievement, and we should all be proud of the impact we made on the

Babcock community's health.

Our volunteer recruitment drive in July was a resounding success, with EOhealth welcoming 15 new sets of volunteers. This significant growth, which saw us reach over 1000 members in our **WhatsApp community**, underscores the increasing support for our mission.

July 27th & 28th: Cervical cancer screening: EOhealth was fully represented by the Founder, Owolabi Emmanuel and Director of human resources, Olalekan Samuel at the cervical cancer screening hosted by the 100k club which was championed by Dr. Chinonso Egemba (Aproko Doctor), Dr. Ogunlana Olawale and Dr Adewumi Babatunde of Quinta Health amongst other doctors at Ikeja City Mall, Lagos. Babatunde of Quinta Health amongst other doctors at Ikeja City Mall, Lagos.

LATE MID-YEAR ACHIEVEMENTS



AUGUST

11th August: “Caring hands, thriving children”: Janet Bankole Children’s orphanage home organized by Household of Faith Foundation partnering with EOhealth and the office of medical regional outreaches Babcock chapter, NIMSA with volunteers gave beautiful items (pack of cornflakes, indomies Capri sun, biscuits pen and pencils, tissues, textbooks etc) to the children in the orphanage home. In his closing remark, the children and their guardians were so happy that the manager said it had been a while since he saw the children so happy, urging us to visit often.

Campus representatives: Campus reps have been recruited in various medical schools in Nigeria to execute medical outreaches and awareness, expand EOhealth, and enlighten more people on crucial health matters.

WhatsApp channel: EOhealth now has a WhatsApp channel with over 100 followers. This helps generate more publicity. In addition to the word of the week, we’ve introduced crossword puzzles and breaking news/news corners. This helps promote the active engagement and participation of our followers.

SEPTEMBER

September 4th: World Sexual Health Day: To mark world sexual health day, the public health team created a video on the importance of good sexual health and how to prevent contracting any sexual-related disease. sexual-related disease.

September 7th: CivicHive Regional Fellowship Permit Meeting: EOhealth, represented by the founder, financial director, and director of digital projects, had a pitch presentation at the CivicHive regional fellowship permit meeting. Out of the 1599 applications, EOhealth was among the 20 that were able to get shortlisted and presented.

September 16th: Empowering Marginalized Communities and Eliminating Ignorance in Healthcare: EOhealth, under the Millennium campus network, officially launched a project on empowering marginalized communities and eliminating ignorance in healthcare, partnering with the medical student-related associations across within. So far, this project has addressed critical healthcare challenges marginalized communities face. Three of the projects have been carried out successfully. We plan to mentor advocates for a two-month cohort focused on health campaigns, education, research, and impactful outreach in these communities.

LATE MID-YEAR ACHIEVEMENTS



September 24th: The Aproko Doctor Academy: Our Human Resource Director, Olalekan Samuel, stepped further and joined The Aproko Doctor Academy. This is an outstanding achievement, especially for EOhealth. We celebrate him as he takes a step further to redefining the business of health-influencing

OCTOBER

10th October: World Mental Health Day: To mark World Mental Health Day, EOhealth enlightened the public by sending posters on the warning signs of declining mental health and tips to maintain mental health and awareness.

October 27th and 28th: HIV Awareness (Breaking Barriers and Support): EOhealth, in collaboration with KONJI FOUNDATION, hosted a two-day session on HIV awareness: breaking barriers and building support. It was about empowering communities, spreading awareness, and dismantling HIV stigma.

NOVEMBER

November 3rd: Healthy Living: EOhealth organized a session on preventing hypertension and diabetes. The session discussed promoting healthier lifestyles and preventing chronic diseases like hypertension and diabetes.

November 9th: Lupus Matters advocacy network initiative: EOhealth was a part of those who sponsored the Lupus Matters Advocacy Network Initiative launch event, themed “Unveiling Hope,” where our support was shown to the lupus warriors everywhere.

November 17th: Moms and Babies First: An online discussion on practical ways to enhance care for others and children was organized and held. This focused on addressing fundamental challenges and creating better outcomes for needy families.

November 23rd: HIV AWARENESS: EOhealth gave an awareness on HIV/AIDS in Babcock University’s chapel. This exposed the students to the ways of contracting HIV, the drugs used, the need to get tested periodically, and the need not to stigmatize those who have contracted it already.

Lung Awareness Program: EOhealth, partnering with Babcock University, participated in a Lung Awareness Program where 10 Babcock University volunteers participated. During the awareness program,

LATE MID-YEAR ACHIEVEMENTS



23 Worship centers were educated 🏛️ ✓

200 Marathon runners ✓✓

130 Health Screening participants 🩺 ✓

16 Lung function tests 🫁 ✓

10000+ people reached 📍 ✓

From the track to health checks! Our marathon and medical outreach event brought communities together to raise lung cancer awareness and promote early detection. We were running for stronger lungs, screening for a healthier future!

Completed four chatroom sessions and four webinars: We've educated our online community members on various health issues. The topics included Hepatitis, Alzheimer's disease, ADHD (attention deficit hyperactivity disorder), HIV, hypertension and diabetes, reflux disease, malaria, maternal and child health, .

Essay Competition: The winners of the last essay competition are Solagbade Oluwapelumi Samuel, Ewedairo Sodiq, and Fagbenro Winnifred Olajumoke. They each received cash prizes and certificates of recognition. Their essays have been published on the health website.

BELOW ARE THE STATISTICS OF OUR REACH SO FAR (WITHIN AND BEYOND NIGERIA)

Active Volunteers

Nigeria: 40

Cote D'Ivoire: 1

Schools - 10 universities

Programs: Empowering Marginalized communities

India - 1

Kenya - 2

Liberia - 1

Cameroon - 1

Senegal - 1

Nigeria - 137

Survey questionnaire:

Nigeria: 108

Kenya - 1

Cameroon - 1

Sierra Leone - 1

USA - 2

Webinar Sessions:

Total Registered - 146

HIV Awareness Champions: Breaking Barriers, Building Support (Day 1) - 29

HIV Awareness Champions: Breaking Barriers, Building Support (Day 2) - 40

Healthy Living Revolution: Preventing Hypertension and Diabetes - 44

Moms and Babies First: Revolutionizing Maternal and Child Health - 43

Join the Malaria Battle: Community Action for Prevention - 63

Acknowledgments



We'd love to first acknowledge our speakers so far for their contributions to our chatroom sessions from July:

1. Mr. Owolabi Olanrewaju: For efficiently educating us on how to take proper care of our liver to unite to eliminate hepatitis
2. Miss Temiloluwa Ajisegbede: For properly unraveling the memory for Alzheimer's disease and teaching us both its effects and its preventive measures
3. Miss Imade Imuetiyan: To dissect ADHD (attention deficit hyperactivity disorder) and teach us how to identify and manage its symptoms efficiently and quickly.
4. Dr. Kolo Love: For giving us deep insights on managing acid reflux and practical ways to keep it under control.

To Our excellent webinar speakers:

1. Pharm. Greatman Adiele Owhor (Founder, ComCase)
2. Dr. Oyebade Funmilade (Medical Doctor & HIV advocate)
3. Dr. Osabohien Matthew Okoh (Public Health Researcher and member of the WHO Fides Network of Health Influencers)
4. Dr. Adewumi Babatunde Enoch (founder, Quinta Health)
5. Dr. Oghenero John Bishop (MBBS, MRCEM)

We also want to take a moment to express our heartfelt gratitude for your presentations during our webinar sessions. Your insights and expertise were enlightening, and we appreciate how complex concepts are broken down into actionable tips. Thank you for sharing your time and knowledge with us!

To our Exceptional Executives

1. Owolabi Emmanuel (Founder, Director of Publicity)
2. Akwuruoha David (Chief Executive Officer)
3. Olalekan Samuel (Human Resource Director)
4. Owuala Nnennaya Divine-Princess (General Secretary)
5. Etim-John Joan (Director of Public Health)
6. Akunna (Deputy Director of Public Health)
7. Oforma Kelvin (Director of Contents)
8. Osho Demilade (Director of Digital Projects)
9. Ebine Favour (Financial Director)
10. Adetuyi Victor Oluwasegun (Director for Graphics Design)
11. Abimbola Peace (Director of Research)

They all have been amazing people to work with, delivering their units as efficiently and promptly as possible. I appreciate and thank you for your tireless efforts and dedication to excellence.

We won't forget to acknowledge all our wonderful volunteers from the various departments for their work "behind the scenes" with the executives to

Acknowledgments



ensure EOhealth's beautiful running. With your support, EOhealth has achieved a remarkable feat. We'd also love to celebrate our social media growth with over 700 LinkedIn followers, about 600 Instagram followers, over 150 members on our WhatsApp channel, over 200 followers on X (formerly Twitter), and approximately 3,000 followers across all platforms.

To our Patron; Dr. Bamidele Emmanuel Fikayo

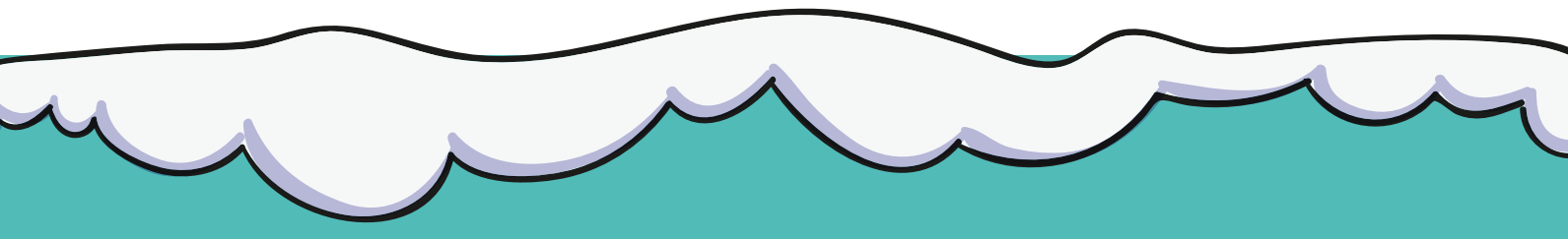
We want to express our heartfelt gratitude and deepest appreciation for your unwavering support and patronage of EOhealth. Your commitment to our organization has been a constant source of inspiration and motivation, and we are honored to have you as our patron.

Your generosity and trust in our mission have enabled us to make a tangible impact in the lives of countless individuals and communities. Your support has helped us to provide vital healthcare services, promote health education, and advocate for policies that benefit the most vulnerable populations.

We are grateful for your willingness to share your expertise and experience with us, and for your guidance and counsel, which have been invaluable in shaping our programs and services. Your passion for healthcare and wellness is contagious, and you have inspired us to strive for excellence in all that we do. Once again, we express our deepest gratitude for your patronage and support. You are a true champion of healthcare, and we are honored to have you by our

gratitude for your patronage and support. You are a true champion of healthcare, and we are honored to have you by our side.

These Achievements have only been possible through our compassionate and committed community; we're thankful to everyone for making 2024 an outstanding year for EOhealth. Together, let's continue shaping a healthier tomorrow.



Interview With

THE FIRST “VOLUNTEER OF THE MONTH”



Good day, sir. Can we meet you?

Ans: Hello! I'm Ojichukwujife Chuka-Utazi, a medical student at Babcock University with a strong passion for public health and leadership. I'm actively involved in various outreach programs and awareness campaigns on disease prevention and promoting better healthcare. Congratulations on your award! How does it feel to be recognized as Volunteer of the Month?

Ans: Thank you very much. It's such an incredible honor to receive this recognition from EOhealth! I'm genuinely grateful for this opportunity. This milestone proves that dedication, hard work, and commitment make a difference.

What motivated you to choose EOhealth for your volunteer work?

Ans: As an advocate for SDG 3 (Good Health and Well-being), I've been inspired by the powerful impact EOhealth is making in the public health space. Their mission aligns perfectly with my belief in health for all. Through this collaboration, I've amplified my efforts and reached even more people with vital health information.

Describe your volunteer role and responsibilities.

Ans: My journey as a volunteer at EOhealth has been enriching. From moderating webinars and chatroom sessions to leading research teams, I've contributed to various public health initiatives that make a tangible difference.

make a tangible difference.

How did you balance your volunteer work with other commitments?

Ans: It's not easy balancing volunteer duties with other responsibilities. It requires a great deal of discipline. However, with the right mindset, discipline, and focus, I plan to tackle my volunteer duties to ensure that my other commitments, particularly my studies, don't suffer.

How did your volunteer work impact the community or individuals served by EOhealth?

Ans: Our outreach work has touched countless lives. Through outreaches or online events, we've empowered communities with essential knowledge about health issues, disease prevention, and positive health practices.

What accomplishments are you most proud of during your volunteer tenure?

Ans: One of my proudest moments was hosting a chatroom session on Alzheimer's disease. That experience was a game-changer for me and led to my recognition as Volunteer of the Month—an honor I will always cherish.

What skills or knowledge did you gain through volunteering?

Ans: Volunteering at EOhealth has been a transformative experience. I've gained invaluable leadership,

Interview With

THE FIRST “VOLUNTEER OF THE MONTH”



leadership, teamwork, community service, and networking skills—skills that I know will serve me for a lifetime.

How has volunteering with EOhealth influenced your personal or professional life?

Ans: You know the saying, “Iron sharpens iron”? That’s been my experience with EOhealth. My personal growth—both professionally and in terms of public visibility—has been exponential, thanks to the constant support and collaboration within this fantastic community.

How can others make a meaningful impact through volunteering?

Ans: Volunteering allows you to experience personal growth as a leader, team player, and change-maker. You can also help others improve their health and make a lasting impact on their lives. Adding value to the lives of one’s community members should be the primary goal of every volunteer. I believe that represents a meaningful impact.

What do you believe sets EOhealth apart from other organizations?

Ans: What truly sets EOhealth apart is its commitment to nurturing volunteers. The environment here fosters growth, collaboration, and continuous learning, which helps each volunteer unlock their fullest potential.

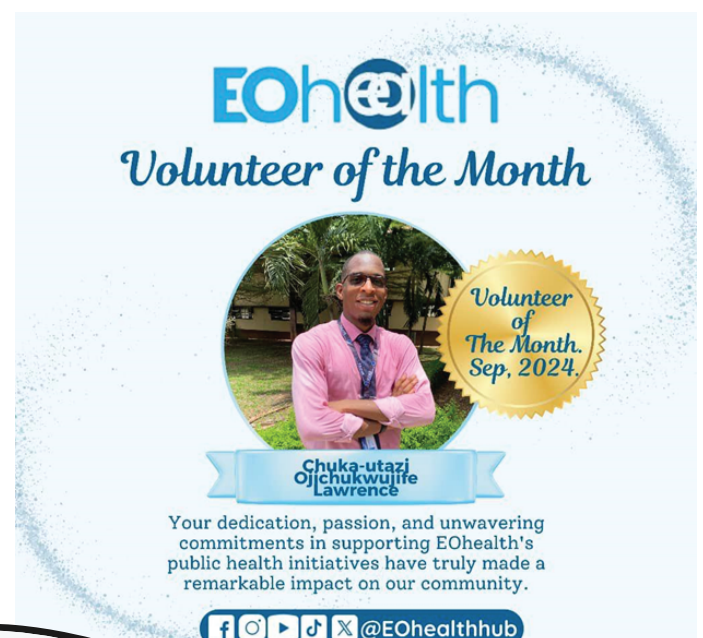
Is there anyone you’d like to thank or acknowledge for their support?

Ans: I am deeply grateful to God for this opportunity and would like to extend my heartfelt thanks to Emmanuel Owolabi, the founder of EOhealth, for his incredible vision and leadership. I’m also thankful for the unwavering support of the Director of Public Health, Etim-John Joan, the Director of Human Resources, Samuel Olalekan, and the former Director of Public Health, Alomooluwa Oluwamayowa.

What message would you like to share with the EOhealth community?

Ans: Thank you to the EOhealth community for your love and encouragement. The energy and enthusiasm of our volunteers are truly inspiring. Together, let’s continue to grow, learn, and work towards the organization’s global health goals.

Thank you all!



Health Tips

MAINTAINING HEALTHY SKIN



Most people start paying attention to their aging skin when they look in the mirror and notice redness, wrinkling, dryness, and creasing.

Most people start developing lines on their faces by age thirty. An unhealthy lifestyle and stress can add three to five years to the look of one's skin.

Healthy skin is an essential part of a healthy person. People with healthy skin adopt a healthy lifestyle that protects the skin from inside and out.

Below are health tips for maintaining healthy skin:

Eat a balanced diet

Ensuring your meals are adequate in essential vitamins and minerals the body needs to maintain skin elasticity and rejuvenation.

Food rich in Vitamin B3 reduces skin redness and hydrates it. Vitamin A and Omega 3 fatty acids help reduce wrinkles. Vitamin E causes your skin to glow by retaining moisture, and silica helps the skin maintain elasticity.

Exercise regularly

Exercising increases blood flow to the skin, which helps eliminate toxins that may build up below the skin's surface.

Dermatologists believe free radicals are some of the causes of accelerated aging, cancer, and other health problems.

Besides nutrition, exercising is a sure way of eliminating these toxins.

Avoid smoking and limit alcohol intake.

Smoking and binge drinking cause significant damage to the skin.

Smoking damages the skin by reducing collagen, which leads to wrinkles.

Alcohol, on the other hand, causes dehydration. Smoking and binge drinking make some people look tired and older than they should be.

Health Tips

MAINTAINING HEALTHY SKIN



Drink more water

Staying hydrated is one of the easiest ways to maintain glowing skin.

Drinking water helps your body eliminate toxins and keep the cells oxygenated.

Always keep a water bottle nearby if you are engaged in outdoor activities.

Try to drink at least 2 – 2.5 liters of water every day.

Skincare products

Avoid using skin care products that contain alcohol (this further dries the skin). Instead, use products that are natural and free of harsh chemicals.

Coconut oil can be used as a moisturizer, and apple cider vinegar can be diluted with water and used as a balancing tool.

Proper outerwear is very important for extreme weather. As our hands are often one of the first places we notice dry skin, protect them with warm gloves. Scarves, hats, and facemasks may also be very helpful against harsh winds that damage the more sensitive skin on our faces and necks.

Lip balm should also be used to protect the lips, but some feel and work better than others. So, if you notice stinging or tingling after applying, choose a different product.

REVEALING A MEDICAL HERO



ANDREW BASTAWROUS, MD
OPHTHALMOLOGIST AND FOUNDER OF PEEK VISION

Born in York, England, to Egyptian parents, Andrew Bastawrous was discovered to have impaired vision at age 12 after some time of poor academic performance in school. Once he received his first pair of glasses, life took a dramatic turn; at age 15, he had the highest exam scores. It was then that he decided to become a doctor, and he specialized in eye surgery. Dr. Bastawrous is a renowned ophthalmologist working to combat eye disease and preventable blindness through smartphone technology that he developed while working in challenging rural communities. He co-invented a mobile

app and clip-on device known as the Portable Eye Examination Kit (PEEK) to bring the resources of a clinic to developing nations that lack eye doctors. It can diagnose blindness, visual impairment, glaucoma, and indicators of brain tumors and bleeding. PEEK even stores patients' GPS data to improve the ease of follow-up in remote areas. Dr. Bastawrous has been transforming global eye care through this device, leveraging existing resources, building local capacities for eye care, and developing tools to improve screening, diagnosis, and treatment.

**YOUR IMPAIRMENTS DON'T DEFINE YOU; YOU, TOO, CAN MAKE
A DIFFERENCE.**

PUNS



HERE ARE SOME WORDPLAYS TO GIVE YOU HUMOR:

PUN 1

Patient: Doctor, can you prescribe something to stop me from sleepwalking?

Doctor: No, you need exercise.

PUN 2

What did the man say to the X-ray technician after swallowing some money?

Answer: do you see any change in me?

PUN 3

Question: did you hear the joke about the germ?

Answer: never mind, I don't want to spread it around.

PUN 4

Question: did you hear that joke about the pop fly?

Answer: don't worry, it's way above your head.

PUN 5

Laughter is the best medicine unless you have diarrhea.

PUN 6

I am the doctor who brings the cards; I am a cardiologist.

PUN 7

How do you know carrots are good for your eyes?

You never see a rabbit wearing glasses.

Cross-Word Puzzle

K	B	H	B	I	E	S	S	E	P	S	I	S	R	H
H	R	D	G	B	C	V	T	S	I	S	P	E	S	V
A	E	I	Y	S	E	P	S	I	S	S	Y	O	U	S
N	S	A	Z	Z	T	I	P	E	E	C	T	T	A	I
E	Z	R	T	X	D	S	I	L	I	Q	H	J	N	T
M	C	R	V	L	P	B	S	A	U	G	R	S	T	I
I	A	H	I	V	A	A	E	Y	S	T	U	P	H	R
A	L	E	L	C	E	A	I	I	P	T	S	B	R	A
O	O	A	S	M	B	R	B	E	V	H	H	U	A	V
G	B	O	M	F	N	K	A	C	A	X	I	M	X	O
O	E	X	U	H	A	I	R	A	L	A	M	L	A	A
J	E	Q	M	Q	M	P	O	X	S	Q	Y	A	I	C
H	Z	F	P	X	J	A	U	N	D	I	C	E	T	S
U	J	Z	S	H	A	S	C	I	T	E	S	A	Z	T
P	P	J	L	W	W	D	E	M	E	N	T	I	A	S

DISEASE-RELATED WORDS

ANTHRAX, EBOLA, INFLUENZA, MPOX, OVARITIS, DEMENTIA, GASTRITIS,
RHEUMATOID ARTHRITIS, CHLAMYDIA, PERTUSSIS, SCABIES, PERITONITIS,
SEPSIS, JAUNDICE, MALARIA, PSYCHOSIS, DIABETES, VERTIGO, RABIES,
APPENDICITIS, HEPATITIS, CHOLERA, SMALLPOX, MEASLES, HEPATITIS,
ANEMIA, PLEURISY, TUBERCULOSIS, GLAUCOMA, PARKINSONS, ENDOME-
TRIOSIS, ASCITES, MENINGITIS, HEPATOMEGALY.

December Celebrants

- 1. OWOLABI EMMANUEL (26TH DECEMBER)**
- 2. IMARALU ESOSA (31ST DECEMBER)**

We at EOhealth wish you a year filled with joy, love, and all your favorite things. May your year ahead be amazing.



Gallery



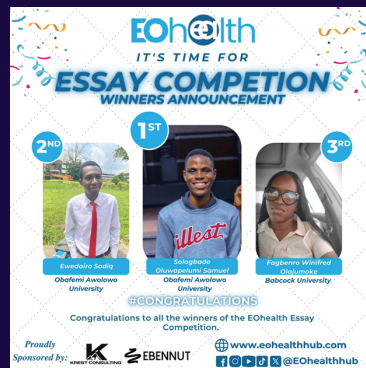
LUNG HEALTH AWARENESS PROGRAM



MENTAL HEALTH AWARENESS PROGRAM



11TH AUGUST: "CARING HANDS, THRIVING CHILDREN"



ESSAY WINNERS



CERVICAL CANCER SCREENING



OUR PATRON
DR. BAMIDELE EMMANUEL FIKAYO



CivicHive Regional Fellowship Permit Meeting

Departmental News

PUBLIC HEALTH DEPARTMENT: ANTICIPATE OUR DECEMBER Q AND A SESSION ON THE CHATROOM SESSIONS WE HAVE HAD SO FAR AND AN ONLINE AWARENESS ON HIV.

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