



HEALTH WEEKLY

Bringing you weekly updates in the health sector



**9th - 15th
March**

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By: **HEALTH ANCHOR MAGAZINE**

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IN THE NEWS



Country's sole foetal medicine specialist



Dr Sikolia Wanyonyi is the first and only fetal medicine specialist in Kenya, taking 13 years to specialize after completing his first degree in Medicine and Surgery. He is specialized in diagnosing, treating, checking the placenta, and performing surgery on babies while they are still in the womb. Recently, Dr Sikolia successfully treated and monitored a woman to carry a pregnancy to term. The woman had suffered 13 miscarriages earlier and had given up hope on ever getting children. Through collaboration and intervention with patients, common congenital disabilities and miscarriages can be caught and prevented in time

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No more Masks and social distancing



With consultation with the World Health Organization (WHO) the Ministry of Health, Kenya has retracted from its hard stance of wearing masks, hand washing, and social distancing. Kenyans are in the clear to go on their businesses as usual whereas the churches and the public transport are also allowed to function to full capacity. The new directive sees asymptomatic patients escape isolation, and COVID-19 patients will be attended to at any hospital of their choice.

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IN THE NEWS



Sub-Saharan COVID-19 Child Death Higher than in other continents



According to a recent study headed by the University of Pittsburgh, children in Sub-Saharan Africa hospitalized with COVID-19 die at a rate significantly higher than children in Europe and the United States. Pre-existing conditions and lack of specialized doctors, equipment, or facilities for pediatric intensive care increase the chances of death among the children.

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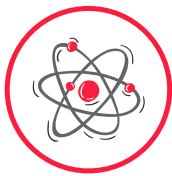
Facial reconstruction is now accessible, cheap, and safe



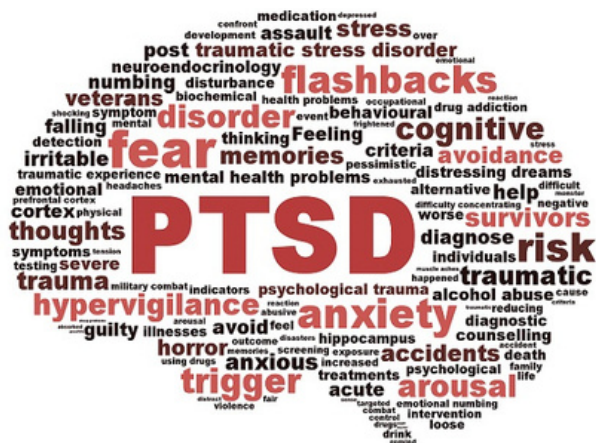
Facial disfigurement is caused by accidents, cancers, tumours, or black fungus (Mucormycosis) infection, which affect facial soft tissues and bones. Facial disfigurement is often traumatic and depressing, which led scientists at Zoriox Innovation Labs to advance facial reconstructive surgery. The restoration of the facial contours involves using tailor-made implants to meet each patient's requirements. The combined efforts of oral-maxillofacial surgeons, ENT, plastic, microvascular, neurosurgeons, general surgeons, prosthodontists, implantology and dental surgeons. Patients who have benefited from facial reconstruction experts and technologies have healed faster, and there have been no cases of immune rejection of the grafted face

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SCIENTIFIC BREAKTHROUGHS



Breakthrough in Treating Post-Traumatic Stress Disorder (PTSD)



Post-traumatic stress disorder (PTSD) is a mental illness caused by experiencing horrific incidents. Military combat veterans and survivors of gender-based violence present with PTSD in the form of acute anxiety, flashbacks, nightmares and uncontrollable thoughts over experienced events. Researchers from Shamir Medical Centre and Tel Aviv University have successfully developed a new protocol to alleviate PTSD symptoms known as hyperbaric oxygen therapy (HBOT). The treatment involves a patient being subjected to a pressurized chamber rich in oxygen and higher atmospheric pressure than sea level pressure. The HBOT protocol improves brain oxygen supply, thus enhancing the generation of new neurons and blood vessels. New neurons create new memory pathways and alienate traumatic neurons, which are the source of PTSD.

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REVIEW



Actions to prevent Obesity



On World Obesity Day, the World Health Organization (WHO) urged governments to prevent or reverse this predicted health issue. Obesity is a disorder that causes various non-communicable diseases affecting the body's systems. Recent studies showed that obese people are three times more likely to be admitted to the hospital with COVID-19. All infants and young children benefit from good nutrition throughout pregnancy, followed by exclusive nursing until six months and continued breastfeeding until two years and beyond.

At the same time, governments must collaborate to improve the food systems environment for everyone to access and afford a nutritious diet. Limiting the promotion of high-sugar, high-fat, high-salt foods and taxing beverage drinks are all effective measures. Cities and municipalities must establish space for safe walking, cycling, and recreation, and schools must assist families in instilling healthy habits in their children from an early age.

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FIRST AID TIP



Cardiac Arrest

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UPCOMING EVENTS



2022 HIMSS Global Health Conference & Exhibition

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Leadership Insights: Practical Advice for Digital Health
Entrepreneurs

15th March

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COVID-19 - Innovative Solutions

1 April

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KMA Annual Hybrid Scientific Conference

1 - 4 June

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By Health Anchor Magazine, a publication of Planet Wizard Africa