

## Typhoid: Prevention is best option

Continued from last week

AS reported last week, participants at the seminar on typhoid management and prevention organised recently by May and Baker Niger PLC in collaboration with the vaccine giants, Pasteur Merieux Connaught (PMC) of France were told that some countries are already implementing a programme on compulsory vaccination of food-handlers as one of the control measures for typhoid fever.

Indeed, experts believe that the Nigerian government will have to adopt a similar measure if it genuinely wants to tackle the problem of typhoid fever.

Speaking at the seminar, Mrs Claire Omatsaye, the PMC vaccine manager, May and Baker Nigeria Plc, said all Nigerians would have to be involved in the battle against typhoid fever.

"It's time people acted against typhoid - both health care and the general population all need to know what typhoid actually is and we also need to know that it is not everything that is not malaria that is typhoid disease but a disease we are going to live with for the next 20 years."

"We cannot change the source of our water supply overnight

and we cannot put our pipes under the ground overnight. But we can stop drinking 'pure' water, for example, or make sure we help NAFDAC to control its circulation because there are so many unscrupulous people making it. We can make sure that people working in food and

denis. There should be 'back to school immunisation' against typhoid for all our students."

Mrs Omatsaye said Typhim Vi, the newest vaccine approved and recommended by the WHO for the protection against typhoid fever is available in Nigeria through May & Baker Nig. PLC.



• Dr. Charles Chunge & Mrs Omatsaye at the seminar

drinks companies are immunised, whether they are directly in the line or not. We should also make regulations for our stu-

According to her, one shot of the vaccine confers a three-year protection on the individual. The vaccine is recommended for

adults and children over 2 years of age, especially travellers to endemic areas, immigrants, health care professionals and military personnel, among others.

Although immunisation has been acknowledged as an effective measure to prevent typhoid fever, experts however say it should not be seen as a substitute to sound hygiene practice.

"Receiving the vaccine is not a licence for you to become careless. The vaccination is package that comes with other preventive measures. Just because you are vaccinated, you should not become careless. You will be challenging typhoid and it is dangerous to do that."

"If you live in the slum area for instance, your situation is not going to change, if you receive the vaccine, your situation remains the same but the vaccine helps to make sure that you are less likely to get typhoid in your situation. The vaccine is coming to help you out of the situation. You don't reduce your precaution just because you've taken the vaccine," Dr. Chunge said.

According to him, full protection against typhoid fever can only be achieved with good hygiene practice in addition to immunisation.

## Sports

THE original dictionary definition of Sport is a diversion or pastime, or an activity designed to produce entertainment.

There is no doubt that this description says all that is essential about sport as it was known before the beginning of this century. However, as the twentieth century began and progressed, sport has grown to become much more than just a diversion or entertainment.

Sports generally have become very important to the human being - his physical body as well as his mind. Some of the functions served by Sports are the following:

1. Fun/Recreation
2. Exercise
3. A source of Competition/An outlet for Aggression.
4. A source of income (professionalism is becoming increasingly rampant in both male and female sports)
5. A source of pleasure to spectators.

Taking recreation first, without a doubt, all sports bring pleasure to participants, especially those who are participating at a non-professional level. This is where people play table tennis, or beach volleyball, or Sunday football, or engage in countless other such activities. The pleasure eventually is mediated by the mind, and is good for its well-being. It can be very therapeutic in some conditions of disturbance of the mind, such as Stress, or even established psychiatric illness. Exercise is specifically recommended as an antidote to Stress, and as part of a life-style that may help an individual to cope with a fair amount of stress in his life. Such people include those who are doing inherently stressful jobs, such as surgeons and air traffic controllers.

**Exercise:** The exercise value of sports is very important, and varies from sport to sport. Some sports have greater exercise value than others, and so require a greater level of fitness from participants. Sports like Squash and long-distance running lead to the expenditure of a great deal of energy, whereas some other sports are relatively more sedentary. Although even purely sedentary sporting activities can be useful to the mind as good antidotes to stress, a certain amount of physical activity

## PTF drugs, HIV screening kits expire

By Sola Ogundipe

DRUGS valued at N60 million supplied by the Petrochemical (Special) Trust Fund (PTF) to six states in the South-west zone of the Federation last year, have reportedly expired.

Similarly, HIV diagnostic/screening kits which the Fund purchased at a sum of N668.8 million for all the Federal and state health institutions were reported to have expired two months ago before they could be used.

The batch of expired drugs was part of the N5.5 billion commitment of drugs supplied to state and local government health institutions under the PTF-initiated Drug Revolving Fund (DRF)/ Bamako Initiative Programme, since its inception.

A former employee of the

Fund, Mr. Babatope Babalobi, who made these revelations last week in Lagos declared that the quantity of drugs supplied were far in excess of the needs of the institutions to which they were supplied.

Babalobi, an assistant consultant field coordinator of the PTF before his resignation last month, further warned that the affected states comprising Ondo, Ogun, Oyo, Osun, Ekiti and Lagos, currently harbour large consignments of expired or about-to-expire drugs.

Citing Osun state for instance, he alleged that drugs worth over N2.5 million supplied to each of the 30 local governments were not used before they expired.

"Late last year, about N2 million worth of expired PTF drugs were destroyed in Osun state. It is presently

feared that before the year runs out, more will expire," Babalobi asserted.

Describing the development as a symbol of gross misapplication and wastage of national resources, the former PTF staff argued that the case of the health sector was a revelation as to how imprudent allocation of resources have contributed to the Fund's huge financial

deficit, currently estimated at N156 billion.

"As for the HIV screening kits, the volume purchased was far in excess of the needs of the health institutions. Actually, if a fraction of the amount spent was used to assist people living with AIDS, the PTF-assisted National HIV/AIDS control Programme would have had greater impact."

## Company News

### Roche renamed Swipha

Roche Nigeria Limited, a foremost pharmaceutical manufacturing company has been renamed Swiss Pharma Nigeria Limited or simply Swipha.

The new name was introduced to reflect the joint foreign/local ownership of the company's Nigerian division.

Managing Director, Swipha, Mr. Alfred Spinnler stated at a press conference recently that the 60 per cent foreign and 40 per cent local ownership which operated under the old company name, remain unchanged.

On the immediate implications of the name change, Spinnler argued that the entire process represents part of the restructuring of companies and division of Roche Group programme worldwide.

"Since Roche is not in possession of 100 per cent share holding in our company in Nigeria as they have in other Roche companies, the decision was made to change the name," he said.

All contracts from Roche, according to him, have been transferred without any change of conditions and terms to Swipha.

To maintain continuity in quality control, Spinnler added that Roche headquarters overseas would continue to audit Swipha's production and quality control facilities through a new marketing quality control manager.

The decision to adopt a new name was officially taken at the company's annual general meeting on June 28, 1999, at the Chris Ogunbanjo Foundation.

Mr. Spinnler also announced the retirement of Mr. J.O Akinbinu from the company as the head of pharma division and board member, after 20 years of service. He is succeeded by Mr. Dayo Adetifa who was until his appointment the marketing director.



ity is also useful for relaxation. People attempting to reduce their stress-level are advised to exercise to sweat. The accent is not on burning off calories so much as creating a pleasant sense of concentrated physical and mental effort, with resulting maximal utilisation of the body's resources, mental and physical.

**Competition** is an important function of Sports. Human beings are naturally competitive animals, forever trying to outdo one another. It is an instinctive, biological function of the mind. That is why even within a family, two toddlers would be competing against each other to see who would reach a particular spot or object first. In fact the competition between members of the same family may develop to very dangerous levels. **Sibling rivalry** is a concept familiar to psychologists. Its propensities often never quite outgrow it. Sports may provide a forum for the old rivalries to be continued on a different level. It is a relatively safe channel for aggression that may otherwise have been 'dangerous. It is safer for two brothers to race against each other than for them to fight against each other, but the underlying instinct is the same. Even nations are able to discharge their aggression against each other in a relatively safe way by competing on the sports field. Sometimes unfortunately, the mechanism does not work, and the aggression spills over into outside life. Nations have gone to war after disputes on the sports arena.

Sport is a source of income to professional sports persons. Their income is directly proportional to their performance, so they often try all means, legal or illegal, to optimise their performance. There are a lot of 'mental training' techniques which are useful in improving the performance of athletes. Such techniques include relaxation and imagery. Among illegal ways of optimising performance is the use of 'performance enhancing drugs' such as steroids and erythropoietin. Although many of these drugs have an effect in increasing muscle mass or increasing blood cells, it has been suggested that the main reason why they improve athletes' performance is the psychological boost they get from knowing that they have cheated.

Finally, Sport can be a source of great pleasure, even to people who are not participating directly but merely watching. The pleasure of **spectatorship** is mediated by the mind, acting through the sense organs. It is a pleasure that one should find time to seek as often as possible, because it does a great deal in enhancing well-being. The excitement of anticipation, the 'aliveness' of participating when the outcome is still uncertain, the joy of watching your side win, even the sadness of seeing them lose all work as tonics to create a sense of general well-being.

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