African Leaders Berated on High Maternal Mortality

The First Lady of Uganda, Janet Museveni has enjoined African countries to invest in causes that uplift the welfare of the society and families. She stressed that investing in maternal, child and family health will in future yield high returns for the continent.

Museveni, who made the appeal at the International Conference on Family Planning in Kampala, Uganda recently noted that, the situation of maternal health and child survival in Africa remains a cause for concern and said the continent should develop zero-tolerance to maternal deaths.

According to the First Lady, Ugandan women suffer a high maternal mortality rate of 435 deaths per 100,000 live births, stressing that the government is doing everything it could, as a nation to ensure that women do not die in child birth, as it is not only a gross inequity to human life but also devastates the family when a mother is lost.

She noted that maternal mortality is a critical indicator of the state of inadequate health systems and most accurately depicts the disparities among rich and poor countries.

Tunnel Syndrome

Carpal tunnel syndrome is characterized by pain, weakness, tingling and numbness in the wrists and hands. It can lead to difficulty holding or gripping objects. The National Women's Health Information Center lists these common risk factors for carpal tunnel syndrome:
- Abnormally small bones that form the carpal tunnel (between the wrists and hands).
- Frequent and repetitive movements of the hands and wrists, any damage to the wrist joints or hands, being pregnant, being menopausal, having had a mastectomy, being obese, certain medical problems, including rheumatoid arthritis, diabetes, hypothyroidism or lupus.

High Cholesterol

The resin of trees in the Middle East – known as myrrh – may help lower "bad" cholesterol, new research suggests. The study author explained that myrrh resin could be used in conjunction with other plant materials to boost heart health, although it's not clear yet how people might consume it, and more research is needed. In the study, published in the most recent quarterly issue of the International Journal of Food Safety, Nutrition and Public Health, Nadia Saleh Al-Amoudi from King Abd Al-Aziz