Covered a lump on my outer vulval discomforting and it is still hard and is about the do I do?

A simple skin cyst or sebaceous cyst is majora. It is filled with a semi-solid material because of a badly formed hair follicle as a result of injury and may be infected. Obviously, you need proper diagnosis. In the meantime, nothing of a serious nature. Cysts of the symptoms require no medical attention.

Why do they appear on the hand can be done about it?

Health personnel of the Lagos University teaching hospital (LUTH), Ibadan, Lagos, attending to a patient during the free cataract surgery exercise at the hospital last week.

To attain MDGs, restore family planning, first, African leaders told

By Sola Ogunipe

A KEY step that needs to be urgently taken if the objective of the Millennium Development Goals (MDGs) on maternal mortality is to be attained in Nigeria and other developing countries by 2015 was one of lessons learned in the course of the International Conference on Family Planning, held at the Speke Resort Limited, in Munyonyo, Kampala, Uganda.

The key step is that, if indeed, the MDGs are to be met, family planning must be restored on top of global development agenda.

With the theme: International Conference on Family Planning: Research and Best Practices, the assembly, for the umpteenth time examined and reaffirmed the importance of family planning within the context of human development with a view to re-commitment to the vision and realisation of universal access to family planning.

Wide receptively to be the largest gathering during the last decade of professionals, experts and dedicated practitioners in the area of family planning and reproductive health, the Kampala conference further embedded voluntary family planning in within the context of as the best documented practice to reduce maternal mortality.

The gathering was put together by the Bill and Melinda Gates Institute for Population and Reproductive Health, the Johns Hopkins Bloomberg School of Public Health, the United States of America, and Makerere University School of Public Health, Kampala, Uganda, the Conference was a pot pourri of leading policymakers, researchers, academics and health professionals.

Prof. Amy Tsui - Director of Bill and Belinda Gates Institute for Population and Reproductive Health lamented decline in attention to family planning over the last decade. "Welcome back to family planning," she enthused, urging participants to take with them the message of ensuring that women do not continue to die from preventable conditions whose remedies are available to us.

But it was Ugandan First Lady, Mrs. Janet Museveni, while attributing the high rate of maternal mortality in Africa to inadequate health systems and poverty, urged African leaders to invest in maternal health and family planning, such gestures would yield high returns on investment, for the continent in future.

"We cannot just sit and watch as our women continue to die so needlessly in pregnancy and child birth. That is the challenge we face today. If no woman should die while giving life in Africa, everyone must play their role."

Museveni who said the situation of maternal health and child survival in Africa

Continues on page 3

Resource Center empowers youth against HIV & AIDS

By Chioma Obinna

The Youth Resource Centre newly commissioned for the Nigerian youths in Epe area of Lagos would not only increase the needed awareness on HIV & AIDS among the youths but would reduce youths' restiveness and spread of the virus. Just recently, a new report advocated for a special focus on young people as more than half of newly infected is between 15 and 29 years of age.

The Centre, which was built in line with UNICEF report that Global success in combating HIV and AIDS must be measured by its impact on children and the youths as well as the challenge to promote effective programmes engaged to HIV & AIDS in every country" would engage 4000 youths with positive activities.

Commissioning the Centre in Lagos, Executive Director of Hope Worldwide, Mr. Yemi Osiagwu said the idea behind the resources centre was to fully involve the youths in the fight against HIV as well as reduce the number of people that have to waste away carrying out unprofitable activities said the Centre would also serve as a centre for train young people in basic computer knowledge and appreciation.

He said there must be a special focus on young people on HIV & AIDS, is an answered prayer, when we came into this place five years ago, the community was neglected then, I thought that they children around here deserve some care.

Continues on page 3
Turai blames rising HIV infection on dearth of information

By Chinnyere Amalu

NIGERIAN First Lady, Hajia Turai Yar’Adua has attributed the rise of HIV infection in the country to lack of knowledge brought about by dearth of information.

Speaking recently during the public presentation of a book entitled “Family Personal Guide Against HIV/AIDS, she observed that the book itself which was holistic, provided necessary information about how families could deal with the prevention and treatment of HIV & AIDS.”

Wife of the Deputy-Senate President Mrs. Beatrice Ekweremadu who represented the First Lady pointed out that the fight against HIV & AIDS should not be left to government and the private sector alone.

“This fight should be more of a common responsibility of individuals,”

Director General, National Agency for the Control of AIDS (NACA), Prof. John Idoko noted at the launch that people did not have the right information on how to protect themselves which had caused a rise in infection rate.

He, however, explained that the message must be taken down to the grass roots.

“Information is key to reducing the increase of the virus which on the long run will bring about behavioral change,”

President, Human Resources Development Trust (HRDT) and publishers of the book, Dr. Carl Okorie pointed out that women made up to 67 per cent of the infected group adding that one of the major causes of the phenomenon was the lack of knowledge due to the dearth of dearth of information.

He said in the course of investigation, it was discovered that “most of the existing strategies adopted by stakeholders in the fight yield counter results due to misapplication and misinterpretation of information and the shocking misinterpretation of the disease to by students in the society which made the school understand why efforts by international organization and government yielded no results.”

Restore family planning to attain MDGs

Continued from page 30

was a cause of concern called for zero-tolerance of maternal deaths.

"For every woman who dies in pregnancy and child birth, six others survive, but with chronic debilitating injuries and chronic ill-health.

She reminded that the causes of death among women and children are well known and are largely preventable; adding that with low-cost or relatively low cost-effective technologies such lives could have been saved. Recalling the various commitments by various governments she, therefore, charged them to re-commit themselves to the cause of saving womanhood and, indeed, humanity. "No woman should die while giving life.”

LUTH, FRSC partner over patient safety

By Abdallalah el-Kurebe

PHC: Jabbi commends Sultan of Sokoto

SOKOTO State Chairman of the Northern Traditional Leaders’ Committee on Primary Health Care and District Head of Gagi, Alhaji Sani Umar Jabbi has commended Sultan Sa’ad Abubakar for initiating a committee on primary health care that brings together sensitisation mechanism for the people to fully accept government’s health programmes.

“We are the grassroots. We live with the people and they trust and believe in what we do and say. They believe that we will not encourage anything that will harm them. The Sultan has indeed done a commendable work.”

By Abdullah el-Kurebe

the visit was in line with the policy of familiarisation with major stakeholders and commended LUTH for its cooperation with the Commission whenever accident victims were taken to the hospital.

Recalling that so far in 2009, 2,674 accidents had been reported in Lagos to the FRSC, he said of this number, 426 died on the spot, comprising 345 males and 85 females. He however said reduction of accidents on the roads may be by reaching out to organisations.

Salami then introduced the Road Transport Safety Scheme (RTSS) as the latest trend in road safety established to regulate road transport by the running of workshops that will benefit transport sessions of organisations.

Mr. Olu Olajide Asst., Director (Legal), LUTH, on behalf of the Chief Medical Director, Prof. Akin Osibogun, said the location of LUTH makes it a place where patients throng and agreed that Management had initiated measures for prompt response.

Olajide regretted the influx of accident victims into the Accident & Emergency unit of the hospital, attributing it to recklessness on the roads, but said notwithstanding, the hospital management upholds the policy of not turning back any patient without treatment in the emergency centre.

Abuja - The Lagos Teaching Hospital (LUTH) is in collaboration with other institutions in the federal capital territory (FCT) to provide access to patients to the Accident & Emergency Department.

Abuja - The Lagos Teaching Hospital (LUTH) is in collaboration with other institutions in the federal capital territory (FCT) to provide access to patients to the Accident & Emergency Department.

Abuja - The Lagos Teaching Hospital (LUTH) is in collaboration with other institutions in the federal capital territory (FCT) to provide access to patients to the Accident & Emergency Department.