

HealthyNaija

OCTOBER 2020



Introducing

Adhere

... Your Medication Companion

health tech



Tech:

Making Fitness
More...

Social Media
and Mental Health

A SNAPSHOT
OF HEALTHCARE
IN 2030

www.healthynaija.ng



#EndPoliceBrutality
#EndImpunity

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DIGITAL HEALTH (Editorial)

For health services to be effective, drugs and technology must be available, effective, of high quality, safe and rationally used. It is a health system's job to provide a balance between these with other necessary resources.

Digital health is the convergence of digital technologies with health, healthcare, living and society to enhance the efficiency of healthcare delivery and make medicines more personalised and precise.

Digital health involves the use of information and communication technologies to help address the health problems and challenges faced by people under treatment. These technologies include both hardware and software solutions and services, including telemedicine, internet, email, mobile phone applications, wearable devices and clinic remote monitoring sensors/point-of-care devices.

This October edition will explore the links and limitations of tech in healthcare.

Ezinwanne Udeagalanya

Lead Editor
Healthy Naija



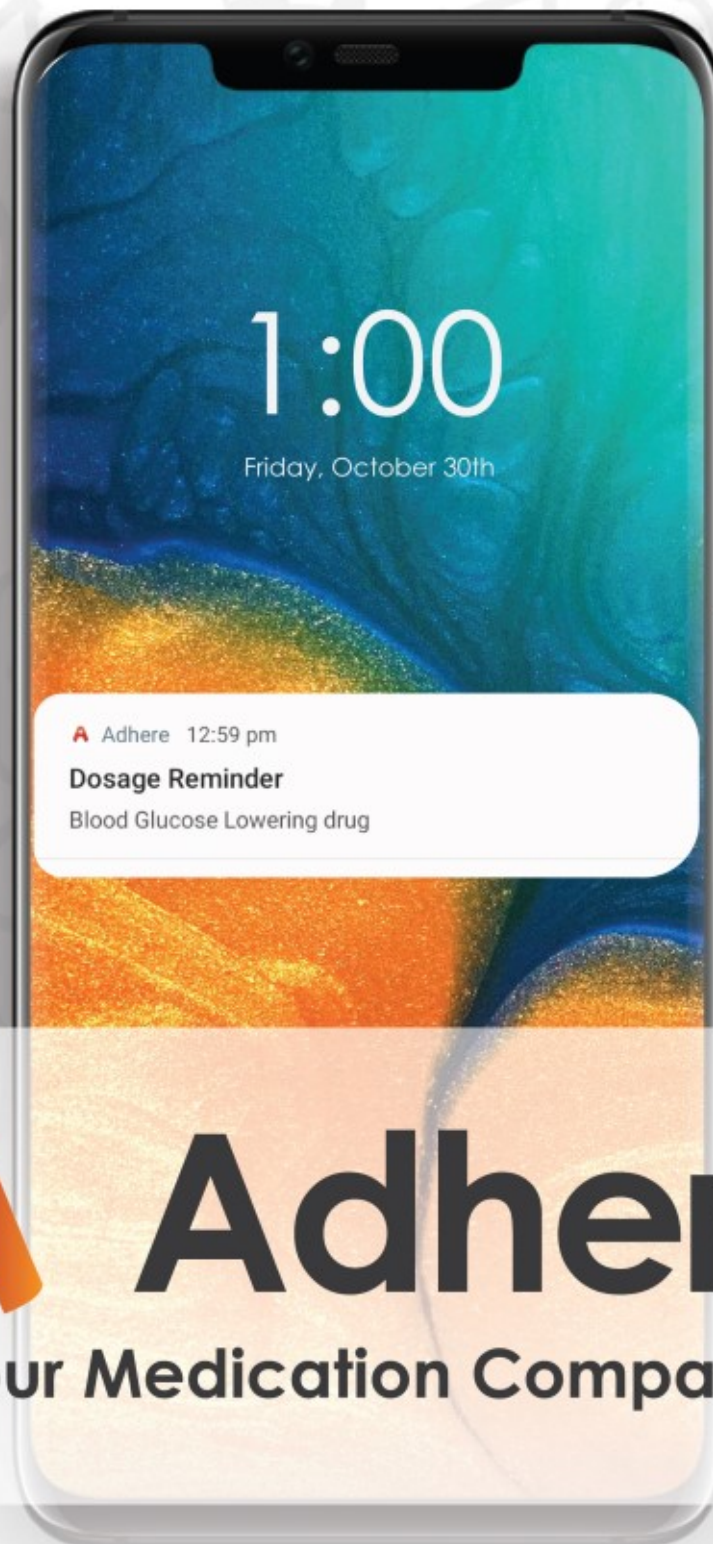
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Introducing



Adhere

... Your Medication Companion

Handling various health issues and ailments is almost impossible without drugs, even on getting the drugs they have to be taken and very importantly taken rightly for any positive result to be achieved.

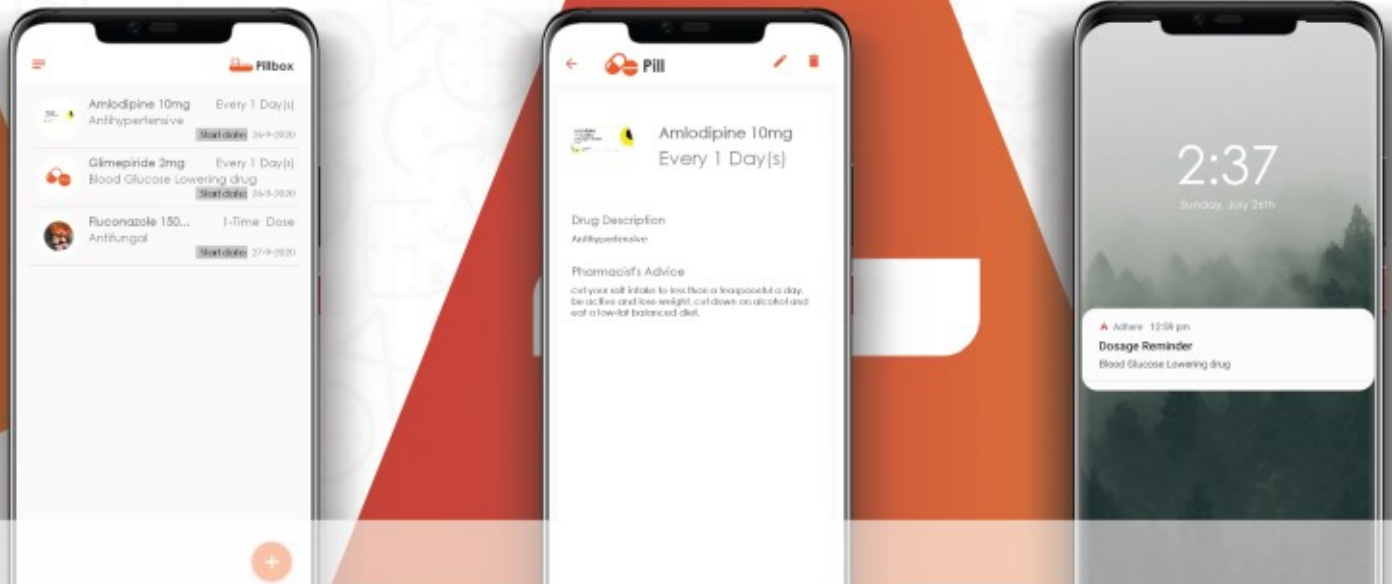
**“Keep Track Of Your Medicines
And Never Miss A Dose.”**



 **Pillbox**
Organize
your medications

 **Pill**
Save
dosage informations

 **Adhere**
Get dosage
Reminders



Adhere offers a simple and reliable structure to keep track of all your current and past medications, with 3 tools.

The Pillbox, Pharmacy Locator and PillZone.

Pillbox

Pillbox is a virtual container for your Pills, it provides you the opportunity to store and organize info about your medications

You are probably familiar with forgetting the exact time you ought to have taken your medications due to other important engagements?

You get a push notification at the exact time each of your medication should be taken as well as the dose and other important details.

Medication History

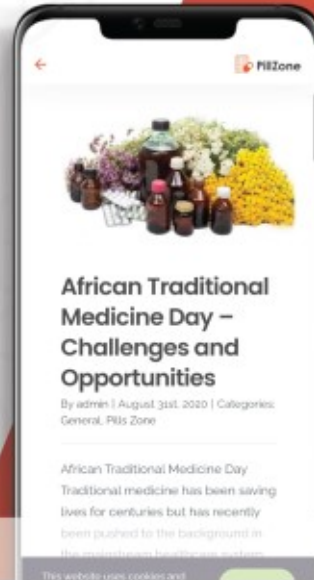
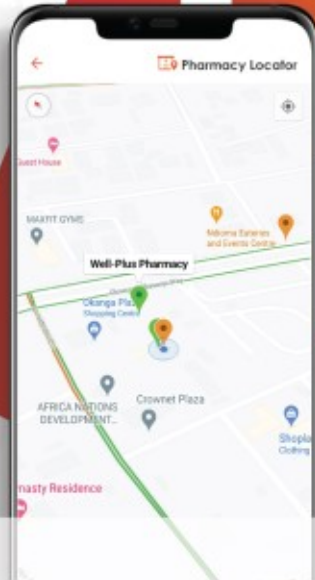
Do you have a record of your medication history?

Having an easily accessible database of the drugs you have taken recently is so vital, you probably find it difficult to remember your recent medications sometimes when asked by your pharmacist or physician.

 **Pharmacy Locator**
Locate
a Pharmacy near you.

 **PillZone**
Discover
healthy drug informations

 **Medication History**
Convenient
Medication History



This is very important because it helps your pharmacist or physician make a more informed decision about your care.

Adhere has got you covered. Whatever medication you input into your pillbox will automatically move to your medication history at the end of that treatment. The date and details of that treatment will remain and are easily assessable when needed.

 **Pharmacy Locator**

The GPS enabled locator helps you locate the nearest pharmacy in your current location

 **PillZone**

Your direct link for the most insightful, easy to understand and relevant drug information content. Read engaging content from practicing pharmacists about how you can get the best of your medications via Healthynaija.ng.

Partner with Adhere to get the best out of your medications.,
Your Medication Companion.



A Snapshot of Healthcare in 2030

Hauwa wakes up at 5.00am not feeling in good shape. She taps a feature on her wearable device (perhaps with an inputted chip), no worries her wearable device quickly does a full workup of her vitals and health data and sends to available primary care physicians close to her location.

The Artificial intelligence feature assesses the possible severity of the illness and sends a message to Hauwa's employer recommending a 3-day rest. At the same time her health insurance provider links her up to see a physician by 6.30am, no queues, no waiting, she simply walks into the physician's office on getting to the hospital.

Her Friend, Bisi meets her at the reception area of the doctor's office (Bisi is Hauwa's friend and emergency contact, she gets a message plus location when Hauwa has a health issue or emergency)

Hauwa sees the doctor who does some physical examination, recommends some labs. She is immediately connected to the laboratory with a ready scientist where samples are taken and tested. By the times she walks back to the doctor's office her lab results are in and already before the doctor who then issues a prescription in her name.

A Snapshot of Healthcare in 2030



Ding...it pops up at the pharmacy and is already dispensed by an automated dispensing robot. She walks into the pharmacy two doors away from the doctor's office and does 15 minutes one on one with the Clinical Pharmacist.

She and Bisi leave the hospital at 8.00am with her medication and she gets a reminder on getting home to take the first doses of her medication.

Messages

Hey Hauwa, how about some scrambled eggs with fried potatoes don't forget to send it down with some fresh smoothie



Dietitian, 7:00am

Messages

Hello Dan, Hauwa has to be off work today, for health reasons.

Auto Android, 7:50am



Hello Boss, seems you're under the weather today. Get well soon, holding things down today for you.



Dan, 8:00am



A Snapshot of Healthcare in 2030

Next Day

Messages

Hello Hauwa, it seems you aren't taking enough rest as you need, you recorded 6000 steps yesterday. Do tone down your physical activity today...



- Dr Jenny (Primary Care Physician) 9:00am

Commentary:

This is only possible in a properly organized and funded health system and as citizens we must keep advocating for increased political commitment to Nigeria's healthcare system. We can't advance to the level painted above if we still have women dying during childbirth or children dying of vaccine preventable diseases.

Olusanya Oluwatomi

How Technology is Making Fitness

More Interactive and Engaging



A lot of people want to have an amazing body and look fit. But most times, they feel bored and uninterested when it comes to engaging in workout sessions and exercises. While some others find it difficult to get to the gym, so they forget about it altogether. Thanks to advances in technology, times have changed. Those days are behind us and fitness has become more fun and engaging.

Here are some of the ways that technology has changed fitness routines and sessions

Online Gym Session and Fitness Classes:

Almost everything has become virtual and fitness classes are not left out. Fitness enthusiasts can now in the comfort of their home engage in exercises without having to leave the house. All they need is a smartphone and a class is in session. Lots of fitness coaches now host live classes on YouTube, Instagram, or Facebook. This makes it easier and fun for everybody and eliminates the need to commute to the gym.



Interactive workout equipment:



With the introduction of Virtual Reality gadgets, some exercise equipment have received an upgrade. Instead of just running on your treadmill while facing a wall or looking at your boring apartment.

Some people now connect their treadmills to a video screen and a 3D eyepiece, this makes it look as though they are running through a landscape, like a mountain or someplace nice. This makes the whole process more engaging and interactive. There are loads of other gadgets out there that make exercise sessions more fun.

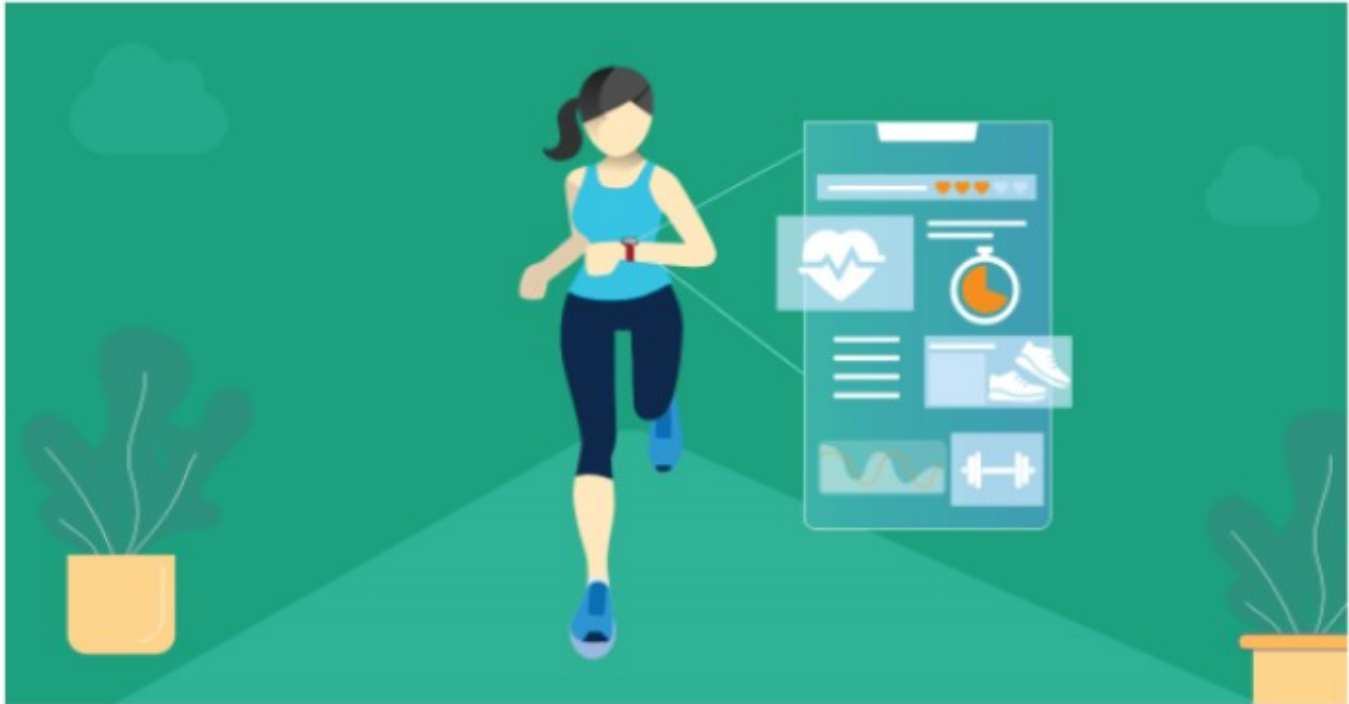
Wearable Technology:

In recent years, a lot of people have fallen in love with several wearable gadgets. But the popular one among fitness enthusiast is the wearable fitness watch. This serves both as a stylish accessory and also as a tool to let the individual know if they have been idle or not. It also tells them, how many steps they have taken in a day and many other vital information. This has completely changed how people interact with themselves and have given people an idea of how fit or unfit they are.



How Technology is Making Fitness

More Interactive and Engaging



Why are these changes necessary?

Why does fitness have to be fun and more engaging?

It is simple, the younger generation, are becoming more tech savvy.

They were raised with mobile phones and laptops. The way they interact is different and over-time it has been noticed that their attention span is rapidly reducing.

To get them to engage in an activity as important as physical fitness, drastic changes must be made. It has to be engaging, interactive and fun. This does not remove the hard work but it makes the work easier to swallow.

With social media, they can even brag about their fitness routines among their peers and this makes it all better.

Technology has indeed changed the face of the fitness industry and more changes are coming with the rate at which technology is growing. It is only going to get better!

Chijioke Chukwuekem (B. Pharm)



A GUIDE TO THE BEST FITNESS GADGETS/MOBILE APPS

I bet you didn't know that from the comfort of your home, you could access all the information and training sessions from the gym... Technology has ensured that staying fit and exercising is easier and more accessible. The last few years have seen an upsurge in mobile phone applications, wearable gadgets and portable exercise or workout equipment.

They not only help a user workout on the move, in their homes and offices but also track very important bio-data like heart rate, pulse, oxygen level, body mass index (BMI), temperature and blood pressure. These metrics are strong indicators to evaluate your exercise regimen. This article reviews some essential fitness gadgets and the best apps based on popular rankings to help in your workout adventure.

ESSENTIAL GADGETS

In no particular order:

1. Ozmo Active Smart bottle.

This is not a regular bottle. You may be wondering why a bottle is even in this category. Stay with me, and find out more.

Water is arguably one of the most important needs in a workout session, and having a bottle of water handy is necessary. This bottle not only satisfies that need but also would vibrate during the day to ensure you keep hydrated. The bottle also tracks your hydration habits.

2. Tangran Smart rope

This is a jumping rope but has other functions. And it is one of the best cardio workouts that can be done. The rope displays progress of the workout (counts of jump) done mid-air by the use of LED lights and also keeps track of progress when in sync with a smartphone.

3. JaxJox kettlebell Connect

This is a highly recommended weight lifting gadget. It could be used at home. The weights are set with the help of a control on the gadget which enables the weight to change based on the user's preference.

4. iHealth Core Smart Scale

As the name implies, it is a smart scale that measures not only the weight of an athlete but also measures the BMI, Bone mass, muscle mass and also the calories taken daily. It provides comprehensive information about the weight of an individual.

5. Fitbit Charge 4

This is no ordinary watch. It is a must-have for track runners, swimmers, cyclists and all who intend to record/take note of the distance they have covered during exercise.

A GUIDE TO THE BEST FITNESS GADGETS/MOBILE APPS

FITNESS APPS



There are mobile applications for android and IOS devices which could help track an individual's workout progress as well as provide a workout plan suitable for that person's specific needs. They may also provide the workout sessions handled by live gym instructors/workout instructors at the comfort of your home.

This is a guide to the best fitness apps based on ratings from google play store So, relax and choose from these which you would love to engage in.

- **The Best short workout apps-**
*JOHNSON AND JOHNSON 7-MINUTE
WORKOUT*

As the name implies, this is a short workout app. The workouts presented in the app allows it to be combined with the individual's schedule. The workouts range from 7 to 32 minutes. It is a widely used workout app and has a rating of 4.6 on google play store.

- **The Best on-the-spot workout apps**
SHRED; HOME AND GYM WORKOUT

This is the best workout app I've come across so far, that supports all an individual wants to do. it allows for a weight loss program, muscle training program, a weight gain program, based on an individual's choice/ specific needs. It has a rating of 4.6 on play store and has amazing reviews from users so far. It is a must-have.

- **The Best nutrition - monitoring app-**
MY PLATE CALORIE TRACKER

This is a very good nutrition tracker. It allows for the creation of custom foods and it also allows for personalised goals. It also helps in tracking weight, water intake and progress as time goes on. It has other exciting features and its very useful in dieting.

- **The Best activity – monitoring app**
MAP MY FITNESS WORKOUT TRAINER

As the name implies, it is a smart scale that measures not only the weight of an athlete but also measures the BMI, Bone mass, muscle mass and also the calories taken daily. It provides comprehensive information about the weight of an individual.

Get fit today!!!

Ozioma Chike



SOCIAL MEDIA *and* MENTAL HEALTH

According to Mildred, media is any channel used to spread information. It could be either formal like TV stations, newspapers and radio station or informal like the social media platforms



@Mildred

Social media or SM (as will be referred thus in this article) is the largest means of spreading of information to a wide range of people from all walks of life. SM has various platforms with the commonest ones being; WhatsApp, Facebook, Twitter, Instagram, LinkedIn, TikTok. I believe most of us have accounts in more than two, if not all. Personally, I have in 5 out of the 6 mentioned.



Social media's computer-based technology facilitates the sharing of ideas, thoughts, and information across a virtual network of communities. By design, SM is internet-based and provides its users quick and instant connectivity via phones, computers and tablets. As social animals, we humans crave companionship and social interactions, in fact, our survival may depend on this. Yep! "no man is an island." In this day and age, practically no one can do without SM; be it for business, work or personal reasons, we all use SM.

Mental health includes our emotional, psychological and social well-being. Our mental well-being influences our thoughts, behaviour and actions. In addition to how we feel, the state of our mental health affects our relationships with others as well as how we handle stress and make decisions. So, you see why we really need to protect this precious and important part of us!

Now let's have a look at how social media has affected different people which I know we all can relate with... Follow the thread.



@Zinny

how has SM affected you mentally?



@Mildred

Negatively or positively?



@Zinny

Both, please



@Mildred

Well, it has made me lazy, especially when I was in school. I hardly went to the library or read textbooks. All I had to do was google the question or topic and all the info comes up. I mean, if I had to read through a book to get that info, I'm pretty sure I would have learnt one or two new things. 😊 Also, putting sensitive info out there, like using the Facebook check-ins or IG locations. These aren't good security-wise, considering the kinda world we live in now. The most embarrassing would be how I've adopted some foreign cultures, like from the way I dress, to the food I decide to make. Chai! Sometimes how I speak. It has sha wasted my time a whole lot!!!! I am kinda addicted to SM tho, and I don't know if I want to stop. 🤔🤔



@Chief_Boss:

SM has pushed me to do better in my business, especially when I see my counterparts. As you know, I'm in the fashion industry, so I've gotten lots of style inspirations from the gram (Instagram) and Facebook as well as Pinterest for my clients. It has also boosted my business and brought lots of paying customers my way. . 🚶🚶
Though it has made me sometimes depressed, making me think a whole lot which is a total waste of time. So, what I do now is follow accounts that bring joy and laughter my way. I have unfollowed all the ones I feel are toxic to me. It is addictive and could also be a waste of money. Have you ever calculated how much you spend on data monthly? You should if you haven't and you would be surprised. 🧐🧐



@Halima95:

It has kept me updated on the happenings around the world, as well as my profession and business. It helps me access information pretty fast. It has also "tensioned me oooo!!", I no go lie. I have gotten past



@Zinny

That's the spirit!!



@Halima95:





@MrJay

I am addicted to SM and my phone, and this has clouded my thoughts towards reality. I spend much of my time on SM wasting some precious time that I would never get back .

The time I would have used to do something productive like read a book or learn how to cook, or something. The only plus side is how I'm able to meet new people and keep in touch. I have learnt some stuff from SM that are not cool and I'm not proud of, but well, it is all good.



@Zinny

With filters now, everyone has perfect skin , imagine having breakouts and a barrage of all these "perfect skin goals" keep showing up in your feed, you are more likely to feel depressed if you are insecure about your skin because it feels like your own case is the worst. The honest truth is that you really can't do much about it, even if you zoom it till infinity, it will only become blurry; So, honey don't waste your time doing that. SM has so reduced physical human interactions that it's sometimes awkward to have a physical or verbal conversation. It's not surprising that some people are very outspoken on Twitter and Facebook, but when it comes to real life, they are timid. SM doesn't really improve your bravery or self-esteem. Some people feel left out and feel as though "they don't belong" when they see a couple of friends out together, and they weren't invited to tag along. And, yeah, it can also breed feelings of animosity which isn't healthy.

Sleep!!! Personally, it has affected my sleep and I know I'm definitely not alone on this table. Should we talk about attention span these days, how short they are getting. We are so easily distracted because our devices have endless notifications popping up at all times. (I'm comfortably sitting on this table).

This online life can cause depression oh! That intense feeling of sadness that never goes away, the sense that you feel your mates or juniors are doing better than you, just because maybe they're married, have good-paying jobs or are living abroad. You become anxious when you post pictures, awaiting approval from complete strangers. All this will most likely make you unhappy and stressed, leading to an increased level of cortisol which isn't healthy for both physically and mentally.

Whats your reply?

Tweet @healthy_naija

SOCIAL MEDIA *and* MENTAL HEALTH

TAKE HOME ADVICE

1. If you feel SM is becoming addictive or is affecting your work, relationship or life, you can take a break. Now, this requires conscious effort as to not download them after deleting the apps.
2. Unfollow or block all accounts you feel are toxic to you and follow ones that bring joy, light and laughter your way.
3. You can allocate the time you spend on SM. You can have a sponsor/minder you can report to. In the long run, you would appreciate this.
4. You can turn off notifications, this reduces distraction and the urge to check for updates.
5. Don't let SM replace real life. Make time to visit friends and relatives. Going through their SM accounts won't ever replace you going to visit them.
6. When is time for bed, put your phone on silent mode and far away from you to resist the temptation to go pick it up.

Pharm. Ucheoma Ezinne

Podcast



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How Your Mobile Phone Can Help Improve Your Health

Modern technology is one of the best things that has happened to us since sliced bread (winks). From communication to business and entertainment, it's traversing numerous aspects of our life styles, revolutionising our daily lives and redefining our world in many ways.

With just the tap of a finger, the uttering of a word or the gaze of an eye, we can send commands and promptly receive the desired response.

One of the babies of tech is the mobile phone; the portable, rectangular product that enables you to converse with your cousin in Calabar without you being physically present with him. It's amazing, all the magic that your mobile phone can do and all the numerous ways in which this invention can improve various parts of your life, including your health.

Follow me as I expose to you, some of the goodness of mobile technology as it concerns your health:

● 'A' for Apps

They are wonderful tools our digital world has blessed us with.

So, let's say you read an article online that presents the awesome benefits of exercise (which, in itself, is a beautiful way mobile tech can help you improve your health) and you decided to give it a go, but you're clueless on how to proceed. There is a myriad of workout apps that can guide you.

Maybe, you wish to track your health and store your medical information. There are applications in your App store like; the **Samsung Health**, **Huawei Health**, **Adhere** and several others. There are apps available to remind you to drink water at intervals, tracks your period and steps/running until you reach your daily goal. So, go ahead, explore the world of health apps and find yourself some that are relevant to you.

● Text messaging:

The Nigerian Centre for Disease Control (NCDC) utilised this simple, but efficient medium to inform and remind us of COVID-19 prevention practices. WearItForMe™ also used it to promote the proper wearing of face masks.

Both smartphone and non-smartphone users can benefit from using text messaging as a tool to improve their health. You can subscribe to a daily or weekly health tips plan to deliver to you bite-sized information on how to lead a healthy life.

● Internet/social media:

Facebook, Google, Instagram...you name the 'e-street', there are health-care practitioners as well as relevant resources that can readily provide you with the necessary health information to live a healthy life. Healthcare practitioners and health enthusiasts also use their online presence to promote healthy behaviour.

Mobile technology places in our hands, resources and tools we can employ for better health. From an App as basic as a hydration reminder to a medium as helpful as providing easy access to a doctor in minutes, mobile phones have provided a world of possibilities in the area of health.

However, we must take care not to independently attend to our health using any resource we may find online, without first consulting with a licensed healthcare practitioner. I believe that the positives that mobile technology offers your health are tremendous...only if you're willing to accept them.

Joy Igobo

Pharmacist-in-training,
University of Port Harcourt.

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