

EDITORIAL COMMENT

Welcome to the first issue of Tropical Journal of Health Sciences for the year 2019, Volume 26 Number1. Every medical personnel is conversant with increasing prevalence of hypertension and the possibility of complications if inadequate care is provided. The first article reported an approach using nurses for home based follow up care (HBFC) of patients in order to enhance compliance in this environment. The study reported the feasibility assessment of HBFC using three cardinal criteria; evidence of implementation, acceptability and practicability. The authors concluded that it is feasible to conduct a home-based care for hypertension patients in a low resource setting like Nigeria.

Epidemiology of road traffic accidents has not been given the required attention if one reflects on the rate at which lives are lost and morbidities are created as a result of road traffic accidents, most especially among commercial drivers. This edition reported a study carried out to determine demographics and health profiles of Inter-City Commercial Drivers in Kwara State. It is alarming to note that less than two-thirds of the respondents had never done a medical checkup talk less of repeating it annually. Another disturbing revelation was that many of the drivers were either hypertensive or reported a medical history of hypertension. Also eleven percent had poor vision among the respondents. These observations are very important and demand that necessary steps should be taken to protect commuters. Law enforcement agencies, trade unions, road transporter associations and licensing authorities should ensure basic medical test and assessment are done at regular interval and before and after issuance of driving license. This will not only detect unnoticed disease or medical conditions but will provide opportunity for only those who are fit to be certified commercial drivers.

Cancer is a deadly disease and cervical cancer is next to breast as a major health challenge among women. Study by Aluko et al identified the knowledge and utilization of vaccines available in the country for cervical cancer among undergraduates. A very low level of knowledge and awareness, 45.6% was observed. This also amounted to a low utilization; as 99.5% had never utilized the services. Different factors were also identified as barriers to utilization of screening services such as affordability, accessibility, fear of procedure among many others. Because of high menace cervical cancer in Nigeria, there is urgent need to establish adequate measures to ensure that services are available, knowledge about the disease is adequate and that available services are being utilized by female, most especially the undergraduate students.

Resistance of bacteria to antibiotics has been a serious issue world wide and projects that provide fresh alternatives that can be used to replace the old antibiotics is therefore a worthwhile venture. Study by Ayinla et al investigated the secondary metabolites constituents and antibacterial activity of methanolic leaves extracts of *Senna fistula* (SF) and *Ocimum gratissimum* (OG). They concluded that the methanolic leaves extracts of *Senna fistula* and *Ocimum gratissimum* exhibited antibacterial activity, which is due to the presence of various secondary metabolites. With further investigations they may become

useful antibiotic agents.

Another study investigated the effect of exposure to different concentrations of glacial acetic acid (GAA) on serum urea and creatinine concentrations of wistar rats. Result showed average weight increase of rats from 162±25.19g before exposure to 204±37.82g after exposure to GAA. Both serum urea and serum creatinine increased after exposure. The study suggests that inhalation of GAA may significantly affect serum urea and creatinine, it is therefore important for safety rules be in place for safe handling of GAA and other chemicals.

Another study reported in this edition investigated the influence of drug addiction on academic performance as perceived by undergraduates of Ladoke Akintola University of Technology, Ogbomosho, and also examined weather demographic variables of age and gender will affect the respondents' views. The result revealed that the influence of drug addiction on academic performance as perceived by undergraduates is negative. The study further revealed that there were significant differences in the influence of drug addiction on academic performance. By implication, counsellors and health practitioners should increase the frequency of orientation program organized for students on dangers and adverse of effects of drugs, its abuse and addiction.

Diabetes mellitus prevalence is increasing rapidly in Nigeria and this is the justification for having two articles on the subject. The first from Odebo, on knowledge of people in Lagos state about its aetiology, although not novel, points to fact that health care providers have more work to do with regard to enlightenment campaign on diabetes. Diabetes is a metabolic condition characterized by inability of the individual to regulate blood glucose within reference levels due to insufficient insulin or ineffective insulin sensitivity by the tissue. There have been reports and observations on the effect of type I diabetes on body weight and cognitive function especially during treatment. The second study determined the effects of caffeine on body weight and memory in Streptozotocine-Induced diabetic female Wistar rats. It showed that caffeine has no effect on body weight in healthy rats but has a dose and time dependent effect on body weight as well as a preventive effect on cognitive decline in diabetic rats.

Study by Adejumo et al looked at the pattern of presentation, predisposing factors and appraised management protocols of peptic ulcer patients. Gastroduodenal perforations were the commonest complications observed in our study. These were largely managed operatively with satisfactory outcome.

Case report was that of Meckel Gruber syndrome who survived for 6 days. Both parents are first cousins and a similar presentation had been reported in a previous sibling who was delivered as stillbirth. The conclusion was the need to introduce pre-natal ultrasound scan especially in localities with high rate of consanguineous couples.

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