

EDITORIAL COMMENTS

Welcome to the reading of October 2020 edition of The Tropical Journal of Health Sciences. The journal has continued to positively influence the practice of medicine in Nigeria and many other African countries through its information dissemination.

The first two articles focused on health care delivery services in Nigerian. The first looked into antenatal care services; its utilization and factors that influence this utilization at Lagos University teaching hospital in southwestern Nigeria. This study revealed that there was a high level of utilization by pregnant women and, affordability and accessibility of antenatal care services were the major factors influencing utilization. The second article investigated a population of medical admissions among geriatric patients (the elderly) in Aba Teaching Hospital in South-Eastern Nigeria. The paper showed that the geriatric population contributed significantly to medical admissions in Aba, Nigeria, and mortality among the elderly in-patients is high especially from stroke and diabetes related complications. These two articles recommended Government should give serious consideration to making health care services available to both pregnant women and elderly. Also, it was recommended that geriatric specialists and dedicated stroke units should be available in hospitals.

The next article investigated the frequency and other related factors of the secretor of ABH antigen in the saliva in relation to the ABO blood grouping system among Sokoto indigenes in northwest Nigeria. This article revealed that the differences in the frequencies of secretors and non-secretors concerning A, B, AB, and O blood groups were not statistically significant. Also, age and gender had no significant effects on the secretor's status of ABH antigens in the saliva.

Also in this edition a study explained the effects of *Prosopis africana* (PA) seeds extract on lipid profiles and antioxidant levels in serum and brain tissue of rats. PA is a deciduous plant widely used in Nigeria as food flavoring condiments. The paper further revealed that PA is highly rich in terpenoids, flavonoids, saponins, steroids, and alkaloids, which seems to have suggested its abili antioxidant and anti-lipidaemic activities when investigated in the serum and brain tissues.

Furthermore, the next two articles focused on mental health issues among people living in the northern part of Nigeria; Kano and Kaduna respectively. The first study investigated factors behind the use of substance of abuse among students of Tarauni Government Senior Secondary School, Kano state. It deduced from the study that the push factors responsible for substance abuse use were many, and this include: feel relaxed or to sleep, relieve stress and anxiety, enhance alertness, keep calm, blend with peers, gain more power and socialize. The authors thus recommended that health education and sensitization programs on the effects of substance use via school curriculum, health, and religious worship centres should be put in place. The second study assessed the psychological support received by depressed individual from family members. The key findings are as follows; less than half (i.e. 40 %) of depressed individuals had family support, female patients tend to have more support than the male patients, and the recovery rate correlated to the rate of family support. Therefore, the authors concluded that more focus should be placed on enhancing family supports for depressed patients.

Another study estimated disability and its predictors among adult Nigerians with glaucoma. This study took into consideration variables such as: gender, marital status, religion, age, left intraocular pressure, and diastolic blood pressure of the patients, which were considered possible predictors of disabilities.

The next article was a retrospective study that reported the level of advocacy and educational programs to orphans and vulnerable children on oral health. It was gathered that most orphanages in Benin city, Edo state capital were privately owned and got funds from donations. Also, information about health care was not properly disseminated to these children, because most of the homes lack adequate health care facilities and trained personnel, therefore, the need for interventions in these homes.

Lastly, a study investigated the knowledge and practices of menstrual hygiene among female undergraduates of Babcock University, Ilishan-Remo, Ogun State. Menstrual hygiene management involves continuing regular activities during menstruation. There was a statistically significant relationship between the age of adolescents and the practices of menstrual hygiene. The need for parents to create time for education as well as financial and psychosocial support to adolescents during menstruation was advocated.

A.BOKESINA
Editor in Chief