



NEWSLETTER

Co-Founder's Desk

Dear friend of the family,
Welcome to the 7th edition of CFHI Newsletters!

I appreciate your support and participation in engaging with our content. Your valuable feedback and contributions continue to inspire us.

World Hepatitis Day is a global initiative to raise awareness about Hepatitis and its impact on millions of lives. An estimated 354 million people worldwide live with hepatitis B or C; for most, testing and treatment remain beyond reach (WHO). This publication contains important information about the prevalence, symptoms, and prevention of Hepatitis. If not treated, Hepatitis can result in severe consequences. Therefore, spreading awareness and educating the public is crucial to ensure early detection and proper care. This month, CFHI will participate in the global commemoration of WHD to increase awareness about viral Hepatitis, alongside other organizations. I invite you to join our online campaign to learn, educate, and advocate for the prevention, testing, and treatment of Hepatitis. Please show your support by liking our posts, sharing your comments, and encouraging others to participate. Together, we can work towards eliminating Hepatitis and saving the lives of over a million people who die yearly from hepatitis-related liver cancer and disease. By doing so, we can ensure a healthier future for all.

As it is always our culture to keep you abreast of our activities, find enclosed in the July 2023 newsletter our activities and projects report for the preceding month; Action to Sustain Precision and Integrated HIV Response towards Epidemic Control (ASPIRE), Day of the African Child, World Blood Donor Day, and SafePad™ production.

Do have a pleasant reading.

Kind regards



**PRINCESS
OSITA-OLERIBE
CO-FOUNDER, CFHI**

In this edition...

- **HEPATITIS B: PREVALANCE, SYMPTOMS AND PREVENTION.**
- **DAY OF THE AFRICAN CHILD ACTIVITY**
- **BLOOD DRIVE ACTIVITY**
- **ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC CONTROL (ASPIRE) PROJECT**
- **SPEAK WEDNESDAY AND MONDAY HEALTH BURST**
- **SAFEPAD PRODUCTION**
- **OUR APPEAL**



World
Hepatitis
Day

HEPATITIS: PREVALENCE, CAUSES AND PREVENTION

Hepatitis is a general term used to describe inflammation of the liver. Liver inflammation can be caused by several factors, including viral infections, chemicals, drugs, alcohol, certain genetic disorders, or autoimmune hepatitis, where the immune system mistakenly attacks the liver. Hepatitis can manifest as acute, which flares up suddenly and then resolves, or chronic, a long-term condition that often presents subtle symptoms and progressive liver damage.

There are five viruses that cause different forms of viral hepatitis: hepatitis A, B, C, D, and E. Hepatitis A is primarily a food-borne illness, transmitted through contaminated water and unwashed food. It is highly transmissible, particularly in children, but it is the least likely to cause liver damage and typically resolves within six months.

Hepatitis B can be transmitted through exposure to contaminated blood, needles, syringes, bodily fluids, or from mother to baby. It is a chronic disorder and can lead to long-term liver damage, liver cancer, and cirrhosis after years of carrying the virus. Hepatitis C is primarily transmitted through infected blood or from mother to newborn during childbirth. Like hepatitis B, it can lead to liver cancer and cirrhosis in the long term. Hepatitis D is found only in individuals who are already infected with hepatitis B. Hepatitis E is predominantly found in Africa, Asia, and South America.



CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)

Protecting health promoting well-being

HEP CAN'T WAIT!

The causes of hepatitis include immune cells attacking the liver, infections from viruses (such as hepatitis A, B, or C), bacteria, or parasites, liver damage from alcohol or toxins, medications (such as acetaminophen overdose), and fatty liver.

Despite the severe consequences of various hepatitis types, medical experts have recommended strategies for management and prevention. The World Health Organization (WHO) suggests vaccination as a preventive measure against hepatitis B and A. Children and individuals who have not been previously vaccinated are advised to receive these vaccines.

However, there are currently no vaccines available for hepatitis types C, D, and E. Unfortunately, there is no cure for hepatitis once it occurs. Treatment focuses on preventing further liver damage, reversing existing damage when possible, and relieving symptoms. Acute hepatitis cases typically resolve over time.

In autoimmune hepatitis, specific medications may be used to suppress the overactive immune response and prevent further liver attacks.



PROMOTING DIGITAL RIGHTS AND CHILD SAFETY: HIGHLIGHTS FROM THE DAC EVENT AT JUNIOR SECONDARY SCHOOL GOSA

In today's digital age, technology plays a significant role in the lives of children. From accessing information and educational resources to connecting with friends and expressing themselves creatively, children are increasingly engaging with digital platforms. However, ensuring their rights are protected in this digital world is crucial.

According to a report by UNICEF, approximately 71% of children aged 5-17 have access to the internet. In a recent event commemorating the Day of the African Child (DAC) at Junior Secondary School Gosa, over 50 students and panelists gathered to discuss the advantages and disadvantages of the digital environment and shed light on the rights of children in the digital space.

The event aimed to raise awareness among students and empower them to navigate the digital world safely and responsibly. The engaging activities included a debate competition, a talk show, and a presentation on the rights of the child in the digital environment.

During the debate session, students presented compelling arguments on both the benefits and drawbacks of technology in children's lives. Topics ranged from the positive impact of video games on skill development and independent learning to concerns about limited internet access, excessive screen time, and the potential adverse effects on mental health and academic performance. The debate provided valuable insights into the students' perspectives and encouraged critical thinking.



In the talk show segment, students explored questions related to children's rights in the digital space. They discussed digital citizenship, online safety, privacy, responsible internet use, and the significance of seeking parental guidance. The focus was on children comprehending their digital rights, making informed decisions, and taking steps to safeguard themselves from potential dangers. The event ended with an informative presentation by Peace O. Simon, the Communication Manager at the Centre for Family Health Initiative. By highlighting real-life incidents, Simon emphasized the importance of digital safety and responsible online behavior.

Participants taking notes during the event.



cross section of judges and Keynote speaker

cross section of talk show participants



Debate best speaker receiving scholarship gift for the term.

The DAC event at Junior Secondary School Gosa successfully highlighted the significance of digital rights and child safety in today's digital age. By equipping students with knowledge and promoting responsible digital citizenship, the event aimed to create a positive and empowering digital environment for all children. It encouraged open discussions and provided valuable insights for both students and parents, fostering a safer and inclusive digital space for children to learn, express themselves, and thrive.



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PROMOTING REGULAR BLOOD DONATION: CFHI AND NBSC JOIN FORCES IN SUCCESSFUL DRIVE

In a collaborative effort to raise awareness about the importance of regular unpaid blood donation, the Centre for Family Health Initiative (CFHI) and the National Blood Services Commission (NBSC) organized a successful blood drive on June 22, 2023, in Abuja's Dutse Alhaji Market. With the theme "Give blood, give plasma, share life, share often," the event aimed to encourage more people to donate blood voluntarily and contribute to saving lives.

At the event, the CFHI and NBSC teams interacted with the public. The organizations emphasized the importance of blood donation while encouraging people to participate. Furthermore, a two-stage screening process was conducted to determine who was eligible to donate.

During the event, people expressed the common economic difficulties in the nation, including poverty and hunger. As a result, some individuals refused to donate their blood because no cash reward was attached to the donation.

Additionally, misconceptions about blood donation and the cost of blood transfusion at public and private hospitals discouraged potential donors. These obstacles highlight the need for increased awareness about the benefits of blood donation and the importance of dispelling myths and cultural beliefs that hinder participation.





ACTION TO SUSTAIN PRECISION AND INTEGRATED HIV RESPONSE TOWARDS EPIDEMIC CONTROL (ASPIRE)

CFHI remains dedicated to implementing our planned initiatives, ultimately serving a total of 2,355 beneficiaries. In June, CFHI enrolled 1,728 new beneficiaries, bringing the total number of individuals we currently support to 8,389, surpassing our target of 8,300 beneficiaries.

CFHI placed a high priority on empowering caregivers through advocacy and skill development, which had a positive impact on our communities.

We closely monitored and evaluated our activities, and our health and nutrition initiatives led to new enrollments, adequate treatment provision, streamlined transport logistics, and successful return to care of a beneficiary.

Our psychosocial support (PSS) activities engaged children and adolescents through clubs, gender norms meetings, and parenting sessions, creating a nurturing environment for growth. We also prioritized child protection and education by submitting birth registrations, conducting educational performance assessments, and securing funds for school renovations.

Additionally, our household economic strengthening (HES) activities yielded positive outcomes. SILC groups contributed for the month, and beneficiaries were successfully empowered and supported in their businesses.





*Speak
Wednesday*

Excerpts from ...

*Monday
Health burst*

MITIGATING GBV IN THE SOCIETY

BENIGN PROSTATIC HYPERPLASIA



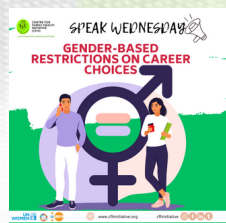
Gender-based violence affects primarily women and girls but can impact others too. Click <https://www.cfhinitiative.org/speak-wednesday-on-mitigating-gender-based-violence/> to read more



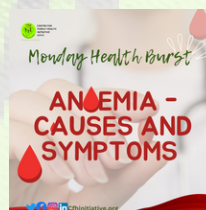
As men age, hormonal changes can cause the prostate gland to grow. While the exact cause is not fully understood, factors like age, family history, and hormonal imbalances play a role in the development of BPH. Read more <https://www.cfhinitiative.org/?p=5183&preview=true>

GENDER-BASED RESTRICTION ON CAREER CHOICES

ANEMIA: CAUSES AND SYMPTOMS



Factors such as limited access to quality education, early marriage, poverty, inadequate educational infrastructure, and cultural norms favoring boys' education further restrict girls' career choices in Nigeria. Click <https://www.cfhinitiative.org/speak-wednesday-gender-based-restrictions-on-career-choices/> for more details

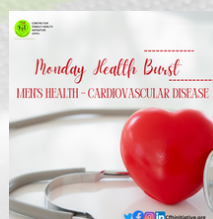


According to a 2023 report from the United Nations Children Fund (UNICEF) report, 55 percent of adolescent girls and women suffer from anemia in Nigeria. Check out our post about anemia! <https://www.cfhinitiative.org/monday-health-burst-common-causes-and-symptoms-of-anemia/>

COMBATING CYBERVIOLENCE AGAINST WOMEN

CARDIOVASCULAR DISEASE

The widespread usage of the internet and the quick development of technology have had various positive effects on society. Visit <https://www.cfhinitiative.org/speak-wednesday-combating-cyberviolence-against-women/> to know more.



According to WHO in the year 2021, cardiovascular diseases (CVDs) are the leading cause of death globally, taking an estimated 17.9 million lives each year.

Read more about the risk factors here : <https://www.cfhinitiative.org/?p=5273&preview=true>



SAFE PAD PRODUCTION

SafePad™ is a unique and award-winning sanitary pad with a special antimicrobial treatment produced by Centre for Family Health Initiative (CFHI) in partnership with Real Relief, Denmark. The permanently bonded antimicrobial technology helps heal vaginal infections by removing yeast and bacteria during use and care.

To partner with us to end period poverty in Nigeria and beyond,

kindly contact info@cfhinitiative.org or ed@cfhinitiative.org for more information.



OUR APPEAL

Interested in helping in any aspect of our work?

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions. Therefore, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should kindly do so through the channels below.

ACCOUNT DETAILS

Name: Centre for Family Health Initiative

Number: 5080117843

Bank: Fidelity Bank PLC

Swift Code: FIDTNGLA

CONTACT US

Address: Number 8, Excellence & Friends Street, Dutse Alhaji, Off Efab Bridge, Abuja (FCT) Nigeria.
P.M.B. 200 PSIN Dutse,
Abuja-Nigeria. 901101

E-mail: director@cfhinitiative.org, info@cfhinitiative.org

Website: www.cfhinitiative.org

LinkedIn: www.linkedin.com/company/cfhinitiative/

Mobile Numbers: +234 809 608 3336, +234 809 049 2227

Twitter: www.twitter.com/CFHInitiative

YouTube: Centre for Family Health Initiative

Facebook Page: www.facebook.com/CFHInitiative.org