



UNIMED

Weekly

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...advancing frontiers of knowledge in medical and health sciences

HIGHLIGHTS

- **UNIMED to Hold 2024 Induction Professional Programmes**
- **UNIMED COMMEMORATES GLOBAL SOUTH ARTS AND HEALTH WEEK**
- **Centre for Molecular Biosciences and Medical Genomics (CMBMG) in Conjunction with the Global Genomics Medicine Consortium (G2MC) Family Health History (FHH) Flagship Project Organises Breast Cancer Awareness Month**
- **Thought of the Week with Dr. David O. Agbaje**
- **UNIMED 6th Inaugural Lecture to Explore Ways out of the Captivity of Microbes**
- **VACANCY FOR THE POSITION OF pre-degree TUTORS**

FROM THE EDITOR

It's Induction Ceremony Week at UNIMED! This week, the University is set to hold the 2024 Induction Professional Programmes for Nursing Science, Doctor of Physiotherapy, Medical laboratory Science and Environmental Sciences graduands. Check out the details in this edition of UNIMED Weekly.

The story of the interplay between arts and health on display at the commemoration of the Global South Arts and Health Week is featured for your reading pleasure.

October, every year, is Breast Cancer Awareness Month. It is often referred to as PINKOCTOBER. Was October pink at UNIMED? Absolutely!

Read about the informative and highly educational webinar organised in the University to sensitise the public about breast cancer.

In a world that is Volatile, Uncertain, Complex and Ambiguous (VUCA) that we live in, everyone needs uplifting and encouraging thoughts. To this end, UNIMED Weekly has added a regular column to its features. Every week, we will serve you with words that work wonders from the stable of Dr. David O. Agbaje aptly tagged "Thought of the Week with Dr. David O. Agbaje". Who is Dr. Agbaje and why should you read his thoughts? Find out in this edition.

This edition is full of information that will bring you up to speed about happenings in and around the University. Enjoy it and have a great week ahead!

UNIMED TO HOLD 2024 INDUCTION PROFESSIONAL PROGRAMMES

The University of Medical Sciences (UNIMED), Ondo, Ondo State has concluded arrangements to hold the 2024 Induction Professional Programmes for Nursing Science, Doctor of Physiotherapy, Medical Laboratory Science and Environmental Health Sciences between Tuesday, 5th November, 2024 and Friday, 8th November, 2024 at the main auditorium of Odosida campus. This was contained in a statement released by the Chairman, Central Professional Induction Ceremonials Committee,

Professor Wasiu Adebimpe. He stated that "The Central, Faculty and Departmental Professional Induction Ceremonials Committees appreciate the University Management for graciously approving the week of 5th to 8th November for the 2024 professional induction programmes." Professor Adebimpe then went ahead into specifics by saying "Once again, the days are as follows, starting from 10am daily in the Auditorium: Tuesday, 5th November: Nursing; Wednesday, 6th November:

Physiotherapy; Thursday, 7th November: MLS; and Friday, 8th November: Environmental Health Sciences".

Expected at the event are the Vice-Chancellor, Professor Adesegun Fatusi, members of the University Management Team, seasoned guest speakers, regulatory bodies, parents and well-meaning Nigerians from all walks of life.



PUBLIC RELATIONS TEAM

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UNIMED COMMEMORATES GLOBAL SOUTH ARTS AND HEALTH WEEK

... As therapeutic poems are rendered and hands-on sketch painting on display

The Global Arts in Medicine Fellowship (GAIMF) programme of the University of Medical Sciences (UNIMED), Ondo City, Ondo State commemorated the Global South Arts and Health week at the main auditorium of Odosida campus, on Tuesday, 29th October, 2024.

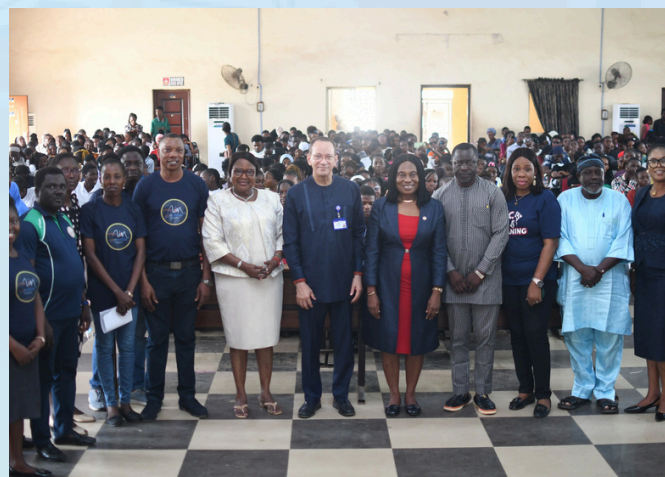
Global South Arts and Health Week (GSAHW) is usually set aside every year to celebrate the transformative power of the arts in promoting health and well-being.

The theme for year's edition is "Championing Child Health: Empowering Mental Well-being and Self-esteem in Children with Unique Challenges". The UNIMED Coordinator of the Programme, Dr Iheanacho Metuonu said "the event is to celebrate the Nigeria Pavilion's contribution to the GSAHW. It is a part of an extensive global initiative spanning Africa, Asia and Latin America. Together, we are Championing 17 vital thematic areas, including mental health, climate change, environment, neuroscience,

indigenous cultural narratives and disability, among others." Metuonu further said that "the event reflects our shared commitment to nurturing environments that uplift and empower children, particularly those facing complex health challenges through creative art therapies. We aim to provide pathways for healing, self-expression and resilience that help these children unlock their full potential".

The Vice-Chancellor, UNIMED, Professor Adesegun Fatusi, represented by the Deputy Vice-Chancellor (Academic), Professor Roseangela Nwuba, commended the effort of the team while noting that "the lecture will help to bring awareness about child health and well-being to improve their self-esteem". He added that "the dialogue will create avenues of hope and empowerment for children in our communities and beyond".

In his opening remark, the Dean, Faculty of Health Law and Humanities, Prof Leroy Edozien said "through a variety of creative and relaxing activities, Arts in Health works to create a hospital experience that honours patient's individuality and enhances a sense of well-being". Edozien went further to say that "the child self-esteem can be built through Arts as it helps to enhance the well-being and overall health of the children". The major highlights of the event were poetry rendition, hands-on sketch painting with colours which help to relieve mental stress.



CENTRE FOR MOLECULAR BIOSCIENCES AND MEDICAL GENOMICS (CMBMG) IN CONJUNCTION WITH THE GLOBAL GENOMICS MEDICINE CONSORTIUM (G2MC) FAMILY HEALTH HISTORY (FHH) FLAGSHIP PROJECT ORGANISES BREAST CANCER AWARENESS MONTH

The Centre for Molecular Biosciences and Medical Genomics (CMBMG) in conjunction with the Global genomics Medicine Consortium (G2MC) Family Health History (FHH) Flagship Project organised Breast Cancer Awareness Month on Friday, 25th October, 2024.

October is Breast Cancer Awareness Month often referred to as PINKTOBER. For October 2024 edition, breast cancer researchers, clinicians, including oncologists, breast cancer survivors and/or families impacted by the disease, and government agencies and organisations came together to create awareness about the disease, which is now the most commonly diagnosed cancer in women globally as well as the leading cause of cancer deaths.

According to Dr Aniefiok Udoakang, the Convener of the event, "We have all come together to raise our voices on what the disease is about, possible risk factors, and prevention, and particularly, the place of FHH in breast cancer"

The speakers at the event, which was held online, are Dr Ndidi Okunnuga, Dr Lily Paemka and Dr Aniefiok Udoakang.

Dr. Ndidi Okunnuga, a Consultant Clinical Oncologist at the University of Medical Sciences Teaching Hospital (UNIMEDTH) Akure spoke on the topic "Am I at risk?", Dr Lily Paemka, a human and molecular geneticist, shed light on the topic "What you should know" and Dr. Aniefiok Udoakang, a population geneticist, and research scientist at the CMBMG as well as a lecturer in the Department of Biosciences and Biotechnology, UNIMED, Ondo City, Nigeria, spoke on "The place of FHH in Breast cancer diagnosis".

Earlier in her welcome address, Prof. Kemi Amodu, the Director of the Centre for Molecular Biosciences and Medical Genomics, said "we cannot have enough awareness about this deadly disease that has decimated dreams of many women. We have to keep educating ourselves about the associated risks and how to prevent it".

The panel session bemoaned the cultural stigmatisation of individuals with breast cancer and how this has impacted our communities, especially the lack of family health history information. The panelists noted also that there are no specific tools for clinicians in our setting to obtain family health history information from patients and the available tools were developed from the Caucasian or Western population, which made this particularly tailored to them rather than to Africans. Participants and the panelists raised the need for African researchers, including social science researchers and public health experts to come together to find ways of developing Africa-tailored tools to obtain family health history information. Participants attended from different parts of the Globe including, Nigeria, Ghana, United States, Greece, Israel, Sierra Leone, etc.



KEY FACTS ABOUT BREAST CANCER

- Breast cancer caused 670 000 deaths globally in 2022.
- Roughly half of all breast cancers occur in women with no specific risk factors other than sex and age.
- Breast cancer was the most common cancer in women in 157 countries out of 185 in 2022.
- Breast cancer occurs in every country in the world.
- Approximately 0.5–1% of breast cancers occur in men. (Source: WHO)



QUOTE OF THE WEEK

“Cancer survivors are blessed with two lives. There is your life before cancer, and your life after. I am here to tell you your second life is going to be so much better than the first.” — Hoda Kotb





THOUGHT OF THE WEEK WITH DR. DAVID O. AGBAJE

SHORT BIOGRAPHY

Dr. David Olusegun Agbaje, born in Owo, Ondo State, Nigeria, on 26th September 1958, is a Senior Lecturer in the Department of Humanities, General Studies and Bioethics, Faculty of Health Law and Humanities, University of Medical Sciences, Ondo, Nigeria. Bilingual in English and French, he holds a Ph.D. in English and NCE in French. He is a member of the Association of Nigerian Authors (ANA), Modern Language Association (MLA), London Poetry Society, Indian Poetry Society, and Poetry Society of America.

He is a poet, literary critic, author, accomplished administrator, and retired Assistant Comptroller-General of Customs.

His creative and scholarly works have been published in many reputable local and international literary and academic journals.

He recently published a book entitled Poetry and the Aesthetics of Commitment in South African Literature, Volume 1.

Two of his poems, "Edward Gone Bedward" and "I Am a Nigerian," have been turned into music. The music videos, as well as his rendition of his poem, "Flickering, Flickering Firefly," and others, are available on YouTube.

He is interested in using poetry for therapy, entertainment, and enlightenment and has participated in poetry readings in Nigeria, the United Kingdom, and Canada. He has won several awards for integrity, leadership, and creativity.

“Watch your thoughts;
they become words.

Watch your words; they
become actions.

Watch your actions;
they become habits.
Watch your habits; they
become character.

Watch your character;
it becomes your
destiny”.

- Lao- Tzu

Meaning:

This quote by Lao Tzu, an ancient Chinese philosopher and writer, emphasizes the profound connection between our thoughts, words, actions, habits, character, and ultimately, our destiny. Here's a breakdown of its meaning:

1. Thoughts to Words: Our thoughts shape the language we use. If we nurture positive thoughts, our words will reflect that positivity.

2. Words to Actions: The words we speak can lead to actions. What we say can motivate us and others to act in certain ways.

3. Actions to Habits: Repeating actions forms habits. Consistently acting in a certain way solidifies those actions into part of our routine.

4. Habits to Character: Our habits define who we are. Good or bad, they shape our character over time.

5. Character to Destiny: The essence of our character influences our choices and, consequently, our life path. In sum, this quote underscores the importance of mindfulness in our thoughts and actions, as they create a ripple effect that ultimately shapes our lives.



UNIMED 6TH INAUGURAL LECTURE TO EXPLORE WAYS OUT OF THE CAPTIVITY OF MICROBES

The University of Medical Sciences (UNIMED), Ondo is set to host its 6th Inaugural Lecture on the 12th November, 2024 and the lecture will explore ways out of the captivity of microbes.

The Lecture is predicated on the ravaging effects of microbes in air, land and water on human hosts and possible solutions to alleviate the havoc wrecked on the hosts.

According to Professor Abdulazeez Abubakar, a Professor of Public Health Microbiology and Parasitology, the Inaugural Lecturer, "I will explore various microbial arsenal for attack and defence as tools for human hostages such as possession of Beta lactamase enzyme, production of Serotoxins, among others".

Overall, the lecture will make useful suggestions and recommendations on the need for governments at all levels to be prepared for more epidemics and pandemics in the nearest future based on the previous experience from the recent COVID-19 pandemic and other emerging diseases such as Ebola and Lassa.

NEWS LINKS FOR THE INAUGURAL LECTURE

<https://thesun.ng/ondo-varsity-holds-6th-inaugural-lecture/>

<https://www.optimaltimesnews.com/2024/10/20/unimed-sixth-inaugural-lecture-to-explore-ways-out-of-the-captivity-of-microbes/>

<https://citymirrornews.com/news/2024/20/unimed-6th-inaugural-lecture-to-explore-ways-out-of-captivity-of-microbes/>

<https://theprecisionng.com/2024/10/abubakar-to-deliver-unimed-6th-inaugural-lecture-november-12.html>

<https://www.theopennewspaper.com/unimeds-lecture-to-explore-solutions-to-microbial-threats/>



Please Click the Links

UNIVERSITY OF MEDICAL SCIENCES
Laje Road, Ondo City, Ondo State, Nigeria
cordially requests your esteemed presence

6th INAUGURAL LECTURE
A world held hostage by Microbes: exploring the ways out of captivity
Prof. Abdulazeez Aderemi Abubakar
PHD, M.Sc, PhD, MBBS(MS), FRCM(SG), FRCM(SG)
Professor of Public Health Microbiology and Parasitology,
Dean, Faculty of Allied Health Sciences

Tuesday 12th November 2024 11AM Tetfund Lecture Theatre, Laje Campus.

Under the distinguished Chairmanship of
Prof. Adesegun Olayiwola Fatusi, FRCM(SG), FAS
VICE-CHANCELLOR

For further information, please contact:
Dr. Kayode Adepoju (08037123773)
Mrs Abimbola Fadipe (08069003097)



UNIVERSITY OF MEDICAL SCIENCES

Laje Road, Ondo City, Ondo State.

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METHOD OF APPLICATION

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DEADLINE

**10th November,
2024**

**Announcer
Ag. Director, IDLCE**

Further enquiries, Contact: 09062208639 or 08102320365



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Ads

Call for Tributes

The entire University Staff (Academics and Non-Academics) are hereby informed of a proposed

“Coalescence of tribute “
to celebrate the end of tenure of the Vice Chancellor,
University of Medical Sciences, Laje Road, Ondo City, Nigeria

Interested individuals are enjoined to provide a tribute of not more than 250 words in length. Such tribute should be sent to:

1. aafon@unimed.edu.ng
2. wowolawi@unimed.edu.ng
3. oidowu@unimed.edu.ng

Deadline: 30th November, 2024.



Prof. Adesegun Olayiwola
FATUSI FWACP, FNAMed, FAS
Vice Chancellor, University of Medical Sciences, Ondo

PHOTO SPEAKS

PICTURES FROM GLOBAL SOUTH ARTS AND HEALTH WEEK



PHOTO SPEAKS

OCCUPATIONAL THERAPY DAY IN PICTURES

