



THE UNTOLD TRUTH ABOUT SKIN BLEACHING: THE DEPARTMENT OF INTERNAL MEDICINE PRESENTS JANUARY 2024 EDITION OF GRAND ROUND

THE inherent dangers of skin bleaching in human formed the fulcrum of the presentations at the January 2024 edition of the Grand Round presented by the Department of Internal Medicine of University of Ilorin Teaching Hospital, (UITH). The program, attended by members of the hospital community led by the Chief Medical Director, Professor A.D. Yussuf, examined the increasing level of persons involved in the act, and concluded that strong advocacy should be put in place to reduce increasing penchant for the scourge.

The Presenter, Dr. Olajumoke Olubusayo Ojimi, while dissecting the topic; *'The Untold Truth About Skin Bleaching'* defined skin bleaching as "the cosmetic application of skin products to lighten [bleach] the skin complexion." Ojimi added that Skin bleaching could also be defined as the deliberate lightening of an individual's skin tone without medical supervision. She identified the causes of the scourge as those centred around; unfounded erroneous beliefs that lighter skin denotes an individual of higher status, better socio-economic background or physical beauty, than their darker skinned counterparts.

Ojimi disclosed that the Skin lightening compounds are illegal in most countries of the world; but opined ironically that the industry could also rake in billions of dollars annually while the agents for the production could be easily obtained by individuals seeking to lighten their skin. The Presenter added that about 75 percent of women in Nigeria, 60 percent in Senegal, 50 percent in Mali, and 30

percent in Ghana are estimated to use bleaching creams regularly, with similar rates in many other African countries.

According to her, "throughout the continent, both men and women are frequently targeted with marketing campaigns showing public figures who bleach their skin. Besides, people commonly bleach to look more attractive, treat their dark spots and acne and also peer pressure." Ojimi identified components of skin bleaching products to include but not limited to; Hydroquinone, Topical Steroids such as Clobetasol, Betamethasone Mercury Glutathione and Kojic Acid of 1 percent quantity.

There are other systemic complications, which includes renal failure, hypertension, diabetes, osteoporosis (brittle bones), memory loss, insomnia, tremors, eye problems like glaucoma and cataracts, and an

increased risk of developing skin cancers! When bleaching agents are stopped, your natural skin colour starts to return to its original colour. This process may take a few weeks or even months, depending on the individual's skin and the duration of bleaching product. Sun protection should be maintained by wearing sunscreen with a high SPF to protect your skin from further damage. Consult a dermatologist if any adverse effects are noticed after stopping bleaching.

In conclusion, Skin bleaching for cosmetic reasons is associated with profound negative impacts on well-being of an individual, resulting in immense challenges for dermatologists. Promoting the concept of healthy skin should be our target in the society and more health education and regulation of skin care products by the relevant agencies is paramount.

CUTANEOUS SIDE EFFECTS

This is the untold truth
Cutaneous side effects

Epidermal atrophy

Exogenous onychomycosis

Dyspigmentation

Contact dermatitis



This is the untold truth

Cutaneous infections

Warts

fungal infections

scabies



BLACK IS BEAUTIFUL, DON'T BLEACH YOUR SKIN, CMD UITH WARNS

THE Chief Medical Director (CMD) of University of Ilorin Teaching Hospital (UITH), Professor A.D. Yussuf has described a dark complexion person as a beauty to watch. He therefore frowned at persons engaging in skin bleaching warning them of the consequences of their actions.

The CMD disclosed this at the January 2024 edition of the 'Grand Round' program with the topic; 'The Untold Truth About Skin Bleaching', attended by a capacity filled audience, including the representative of the National Agency for Food and Drug Administration and Control (NAFDAC), Mrs Kuriyetu

Ogirima.

Professor Yussuf while reminiscing on a popular advertisement in the 70s on a household soap, said the main figure in the advertisement, Patti Boulaye with a dark skin should serve enough lessons to all that "black is extremely beautiful." The CMD identified some psychological, biological and social factors inherent in skin bleaching and encouraged more advocacy against the scourge, especially the sales of offensive soaps and cream in Nigeria. Speaking at the event, Dr Olajumoke Olubusayo Ojimi of the Department of Internal Medicine, disclosed that about 75 percent of Nigerian female population engaged in the skin bleaching activities, making it one of

the highest in Africa. Dr. O.N. Ilesanmi of the same Department, said relevant staff of the Department would intensify their campaigns among secondary school students against skin bleaching.

For Dr Ayotunde B. Omotoso, from the Department of Behavioral Science, there could be some serious underlying conditions "beyond the skin bleaching" such as; depression, anxiety and stress. He therefore encouraged persons with dark skin not to yield to pressures in some quarters that "the whites are more beautiful."

Mrs Ogirima, a Regulatory Officer with the NAFDAC, Ilorin's office, said the agency would continue to intensify its efforts in curbing increase in the use of skin bleaching soaps and cream.

The Presenters At The January 2024 Grand Round Event.



(Left) Dr Ayotunde B. Omotoso And Mrs Kuriyetu Ogirima



(Left) Dr O.S. Aiyedun And Dr. O.N. Ilesanmi



The Chief Medical Director UITH, Professor A.D. Yussuf Making A Remark At The Program

The ICPC Inaugurates And Inducts UITH ACTU New Members

THE University of Ilorin Independent Corruption and other top Teaching Hospital, Practices And Other Management Staff of the (UITH) on 17th January Related Offences hospital, witnessed the 2024, formally begun its Commission, (ICPC), in CMD presenting the 11 journey towards charge of Kogi and members of the ACTU to upholding its zero Kwara states, the ICPC officials for tolerance to corruption representing the ICPC Induction. Mr Elijah with the inauguration of Chairman Dr Musa Akakhole Esq. members of Anti Adamu Aliyu SAN administered the Oath of Corruption And during the program. Allegiance to the new Transparency Unit inductees. Induction (ACTU). The event was The novel event, training was later supervised by Mr Okoro attended by the Chief conducted for the ACTU James Ulu, the Resident Medical Director members, especially on Anti-Corruption (CMD) of the UITH, the use of the ICPC Commissioner of Professor A. D. Yussuf Standing Order.



The Chief Medical Director (CMD) of the UITH, Professor A. D. Yussuf making his remarks at the event



Mr Elijah Akakhole Esq. administering the Oath of Allegiance to the 11 new inductees.

THE CMD UITH SOLICITS FOR MORE DONATIONS TO INDIGENT PATIENTS

The Chief Executive Officer (CEO) of *Bister Optimum Nigeria Limited* (BONL) Mr. Eze Daniel on 9th January, 2024 donated a sum of One Million, Three Hundred and Seventy Thousand (N1,370,000) to the UITH patients who could not defray their hospital bills. Daniel said he used the kind gesture to mark his birthday, adding that he wish he could do more just as he

urged the care givers of the hospital to make judicious use of the fund. He donated other items as; beverages, pampers, wipes and detergents for the use of the patients. The donations were received on behalf of the Management by the staff of the Social work unit and nurses of the hospital.



The donor Mr. Eze Daniel (second left)

The Pictorial Events of The professional Induction And The Convocation Of The School Of Health Information Management, (SHIM), Of The University Of Ilorin Teaching Hospital, (UITH), held on 25TH January 2024. The Chief Medical Director (CMD) of the UITH, Professor A.D. Yussuf Led Other Members Of The Management Team To The Program. The Guest Speaker, Prof. M.M.B Uthman, Spoke On The Topic: 'The Roles Of Health Information Management In Strengthening Health Care System In The 21st Century.'



The CMD, Professor A.D. Yussuf (Third left) in A Group Photograph With Some Management Staff



Prof. M.M.B Uthman Delivering The Induction/Convocation Lecture



The CMD, UITH, Professor A.D. Yussuf Making A Remark At The Event



A Group Photograph Of the Graduands During The Program



A Cross Section Of The Inductees At The Program



The CMD, Professor A.D. Yussuf, (Fifth From Right Front Row), In A Group Photograph With Some Management Staff And Principal Officials Of The School

THE ENLIGHTENMENT PROGRAMME ORGANISED BY PENCOM FOR THE UITH STAFF



The Kwaran Zonal Director Of The National Pension Commission, (PENCOM), Mr Jimoh Abdulmulmin On 17th January, 2024, While Addressing A Cross Section Of The UITH Staff During The Enlightenment Session On Pension Issues For The Civil Servants

HEALTH TIPS HOW TO PROPERLY HANDLE YOUR MEDICATIONS

We take medications for various reasons to diagnose, treat or prevent illness. They come in different forms and are used in many different ways. We may take them when prescribed or we can get them over the counter.

As beneficial as medications are, they can be dangerous. Taking them correctly and understanding the right way to properly handle them can reduce the risks that may be associated with their use.

Many people are taking five or more medications and this could pose a challenge because of the complexity of the different regimens. The following strategies can be helpful when managing multiple medications:

Understand your medication routine

1. Make a list
Have a list of all your medications.
Know what they are used for
Know their names
Be sure to be able to identify them
Know the dosage
Know the dosing schedule and follow it.
2. Let your doctor and pharmacist know all the medications you are taking, if possible, bring them with you for your hospital visits. This will help the pharmacist reconcile your medications and appropriately counsel you.
3. Use your medications as prescribed in order to get the best benefit from them.
4. Never stop taking a medicine on your own, always get your doctors' advice.
5. Attach your routine medication to a daily activity to help you remember to take them.
6. You can use a pill organizer to help you remember to take your medications.

Proper handling

1. Take medicines in a safe environment, never take medicines in the dark or when you are tired or distracted. You may end up taking the wrong medicines or wrong dose.
2. Take only your own medicine. Do not use other peoples medicine or their left overs.
3. Ask your pharmacist before taking alcohol
4. Dispose of discontinued or expired medicines. Do not keep them for future needs.

Storage

Storing your medicines properly can help to maintain their integrity and efficacy, as well as prevent accidental ingestion by other members of the family.

1. Store medicines in a cool, dry place, out of reach of children.
 - Dresser, bedroom, drawer or on the shelf.
 - Not in bathroom cabinet.
2. Take care of your medicine; heat, light, air, and moisture may damage medicines.
3. Do not store medicine on window seal because of direct ray of sunlight and heat.
4. Always keep medicines in their original containers, except the ones you have removed to be placed in the pill organizer for the designated period.
5. Ask your pharmacist about any specific storage construction.
 - For damaged medicines:
Do not take medicines that has changed colour, smell, texture or even expired.
6. Remember to check expiration date on your medicines.
7. If you are having difficulty paying for your medications, you don't have to walk away. You can discuss with your pharmacist about lower cost options such as generic medicines.

Summary

One of the ways we manage our health is to properly handle our medications. It is important to understand your medication routine, know your medications, what they are used for, how to use them and use as prescribed. Storing your medications correctly help to maintain their integrity and efficacy.

From: UITH PHARMACY DEPT.