



PROFESSIONALS FOR HUMANITY (PROFOH)

Medical . Water . Education

NEWSLETTER
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Inc. / Germany, Ghana, Nepal, Nigeria, South Africa, USA
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"No act of Kindness, no matter how small, is ever wasted." Aesop

About us Professionals for Humanity (PROFOH), is a global non-profit, medical and social humanitarian organization under the 501 status in the United States that is also incorporated in Germany, Ghana, Nepal, Nigeria and South Africa. It has presence in Egypt, Brazil, Italy, Czech Republic, Ivory Coast, Honduras, Jamaica, Ireland, Benin, Liberia, Cameroon and the United Kingdom.

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Oct. PROFOH CONGRATULATES NOBEL PRIZE WINNERS IN MEDICINE 2015



Photo: Scientists Satoshi Ōmura,

Youyou Tu

William C. Campbell

PROFOH congratulates these three scientists who developed therapies against parasitic infections ,they won this year's Nobel Prize in Physiology or Medicine.The winners are: William C. Campbell, a microbiologist at Drew University in Madison, New Jersey; Satoshi Ōmura, a microbiologist at Kitasato University in Japan; and Youyou Tu, a pharmacologist at the China Academy of Chinese Medical Sciences in Beijing.In the 1970s, Campbell and Ōmura discovered a class of compounds, called avermectins, that kill parasitic roundworms that cause infections such as river blindness and lymphatic filariasis. The most potent of these was released onto the market in 1981 as the drug ivermectin.Tu, who won a Lasker prize in 2011, developed the antimalarial drug artemisinin in the late 1960s and 1970s. She is the first China-based scientist to win a science Nobel..In the 1960s, the main treatments for malaria were chloroquine and quinine, but they were proving increasingly ineffective. So in 1967, China established a national project against malaria to discover new therapies. Tu and her team screened more than 2,000 Chinese herbal remedies to search for drugs with antimalarial activity. An extract from the wormwood plant *Artemisia annua* proved especially effective and by 1972, the researchers had isolated chemically pure artemisinin.Working in Japan, Ōmura

isolated strains of a group of soil bacteria called *Streptomyces* that were known to have antimicrobial properties. In 1974, he pulled a promising organism out of soil near a golf course, and sent it, along with others, to a team led by Campbell at the Merck Institute for Therapeutic Research in Rahway, New Jersey. (Omura's institute had signed a research partnership with Merck in 1973). Campbell's team isolated avermectins from the bacterial cultures and tweaked the structure of one of the most promising compounds to develop it into a drug — ivermectin. In 1987, Merck announced that it would donate the drug to anyone who needed it for treatment of onchocerciasis (also known as river blindness)..

Oct. PROFOH ENDORSED PUBLIC HEALTH CONCERN OF RISING INCIDENCE OF CARDIOVASCULAR DISORDERS



PROFOH Nigeria endorsed Professor Kamar Adeleke alarm over the rising incidence of heart attack, stroke, hypertension and other cardiovascular disorders in that country. The cardiologist lamented that cardiovascular disorders have overtaken infectious diseases such as malaria as the nation's leading killer-diseases. Addressing a world press conference, he said the No 1 killer in Nigeria is heart disease, followed by stroke. "To confirm to you that many Nigerians suffer heart-related crises, we were in UCH, Ibadan sometime ago on medical mission and found out that at least six of the eight patients picked randomly and tested, were confirmed to be suffering from chronic heart problems.", while the silent killer diseases have been effectively managed medically in developed countries leading to an average life expectancy of 80 years, in Nigeria, it is 51 to 52 years because there is little or no attention to heart-care. Know your blood pressure, know your cholesterol and sugar level to avoid sudden cardiac arrest," the expert said. Pointing out the importance of exercise to longevity, he disclosed that regular exercises in three days will increase your years to 2.8 years.

Oct.- PROFOH WELCOMES ASPIRIN TRIAL TO EXAMINE IF IT CAN STOP CANCER RETURNING



Photo: Aspirin

The world's largest clinical trial to examine whether aspirin can prevent cancers returning has begun in the UK. About 11,000 people who have had early bowel, breast, prostate, stomach and oesophageal cancer will be involved. Uncertainty about the drug's possible anti-cancer qualities has led to fierce medical debate in recent years. If it is proven to work, scientists say it would be "game-changing", by providing a cheap and effective way to help more patients survive. During the study, funded by the charity Cancer Research UK and the NIHR - the research arm of the NHS - patients will take a tablet every day for five years. The trial is especially exciting as cancers that recur are often harder to treat so finding a cheap and effective way to prevent this is potentially game-changing for patients."The trial will run across 100 UK centres, involving patients who are having or have had treatment for early cancer, and will last up to 12 But scientists warn that aspirin is not suitable for everyone and should not be used without medical advice. Taking the drug every day comes with a serious health warning as it can cause side effects such as ulcers and bleeding from the stomach, or even the brain..If we find that aspirin does stop these cancers returning, it could change future treatment - providing a cheap and simple way to help stop cancer coming back and helping more people survive."Many people are already prescribed daily, low-dose aspirin as a heart drug.

Oct. PROFOH SUPPORTS GLOBAL PEACE EFFORTS-ACTIVE AT THIS YEAR PEACEBUILDER FORUM IN EUROPE



Photo: PROFOH at the Peace builder forum in Belgrade

As an interventionist organization peace is critical the work we do especially in Africa-thus PROFOH has consistently promoted peace and tranquility driven by peaceful co-existence among diverse cultures since we organized the first Ethnic tolerance and conference in 2003 in collaboration with the Commonwealth Foundation in Abuja Nigeria. A conference that enables the organization to received goodwill messages from world leaders such as President George H. Bush, President Bill Clinton, etc .Few years later PROFOH deployed peace mediators to Liberia to promote skill training and reconciliation in Monrovia. Since then we have been involved in several peace efforts across Africa and advance people to people diplomacy through our volunteers program. This year, the European Center for Peace and Development (ECPD) University for Peace established by the United Nations, in cooperation with VAMK University, Finland, with other stakeholders organised the Third ECPD Youth Forum in Belgrade Serbia. Several high profile speakers including former Director General of UNESCO presented thought-provoking papers, such as importance of philosophical knowledge and civic education, revival of some members of the European Union towards the unexpected size of migrants, education as a way of introducing peace, social and economic inclusion through social responsibility projects, prevention of gender based violence, Faith based peace, etc. The Forum discussed the role of UN agencies, international NGOs from Humanitarian assistance to resolving the root problem in Syria, The gathering as explore the connection between peace and education in the World and their importance to humanity. According to Natasa,Skrbic Country Director Serbia, It was a pleasure to meet and listen to many extraordinary people who believe in the power of peace.

NOV. PROFOH ENDOSES SOUTH KOREA BASED IPYG & IWPG ORGANIZATION PEACE EFFORTS GLOBALLY



PROFOH Community coordinator Anthony Ajegwu was outstanding during PEACE & ME Forum organized by International Peace Youth Group (IPYG) and International Women's Peace Group (IWPG) both organizations comprised of many affiliated youth groups working for world peace. It began in January 2013 with the vision and goal of creating a lasting change in the world through passion and desire to see peace-loving citizens in every nation and a united world youth and consist of 503 groups from 97 countries. International Women's Peace Group (IWPG) is the gathering of women who embrace the world with maternal hearts to make peace, their mission include building a foundation of love and healing using their unique position and influence as mother .PROFOH is currently working on an exchange peace program where senior members of IPYG and IWPG will visit Africa next year to teach peace in schools. We are glad to report that three members have already sign up, This program is subject to our Board approval.

NOV-THE FEAR OF TERRORISM CAN HARM YOUR HEALTH



The recent attacks and shootings across the world have shown that terrorism is still a clear and present danger, On the evening of Friday, November 13th, eight male assailants armed with automatic weapons and explosive belts targeted eight different locations around Paris, killing 130 people and injuring over 400 injured, including more than 100 critically .These attacks were carried out not far from the Charlie Hebdo newspaper offices where terrorists murdered several journalists and cartoonists in January 2015.scientists have found that the fear and anxiety created by the attacks - fear that is displayed all too visibly in the media aftermath - can be deadly on its own.The survey of 17,380 workers in Tel Aviv showed that people who described themselves as worried about personal safety, tense in crowded places, and/or fearful of a terror strike harming them or their families were significantly more likely to experience higher heart rates over time, which (along with inflammation) is associated with an increased risk of heart attack and stroke.

NOV.- STRANGE MADICAL CASE-A MAN IN COLOMBIA GOT CANCER AND IT CAME FROM A TAPEWORM



Photo: Tapeworm

In January 2013, a 41-year-old man came to a hospital in Medellin, Colombia. He was in bad shape. He'd lost weight, had a fever, a tapeworm infestation and also had trouble breathing. He had HIV but had stopped taking his medications a few months before. When doctors tried to find out why his breathing was labored, they came across what looked like tumors on his lungs, but the samples looked really weird. "It looked like cancer, but the tumors were composed of cells that were not human," says Dr. Atis Muehlenbachs, a pathologist at the Centers for Disease Control and Prevention and the lead author on the report. Doctors in Colombia had sent Muehlenbachs samples from the patient's lesions, which he says, looked like sheets and clumps of cells that were much smaller than human cells. At first, he thought it was a slime mold. Eventually — and, Muehlenbachs says, pretty much by accident — DNA tests confirmed the tumors were made of tapeworm cells. They had formed blobs on the man's lungs, liver and adrenal glands. Lymph nodes had swollen in the patient's neck to the size of golf balls, making it hard for him to move his head. "We knew invertebrates can grow tumors, but the fact that one can invade and disseminate in a human and make them sick just really, really defied belief," says Muehlenbachs. Days before the CDC figured out that it was tapeworm cancer, the man slipped into a coma. His kidneys were failing and, after almost six months in the hospital, he had refused further treatment. "When he was so sick and so tired, because he had spent several months at the hospital, he dropped all his hope," . Within 72 hours after the diagnosis came in, he died. "It was heartbreaking," says Muehlenbachs. He says it's unclear what treatment would help in future cases — chemotherapy for human cancer or antibiotics to fight tapeworm infections. "I'm afraid about the treatment that we can give a [future] patient if we discovered another," says Agudelo. He says if another doctor called him up for advice on a similar case, he wouldn't know what to say. **Source: Published in the New England Journal of Medicine.**

DEC- PROFOH WORRIED OVER THE RISING CASES OF BREAST CANCER IN AFRICA

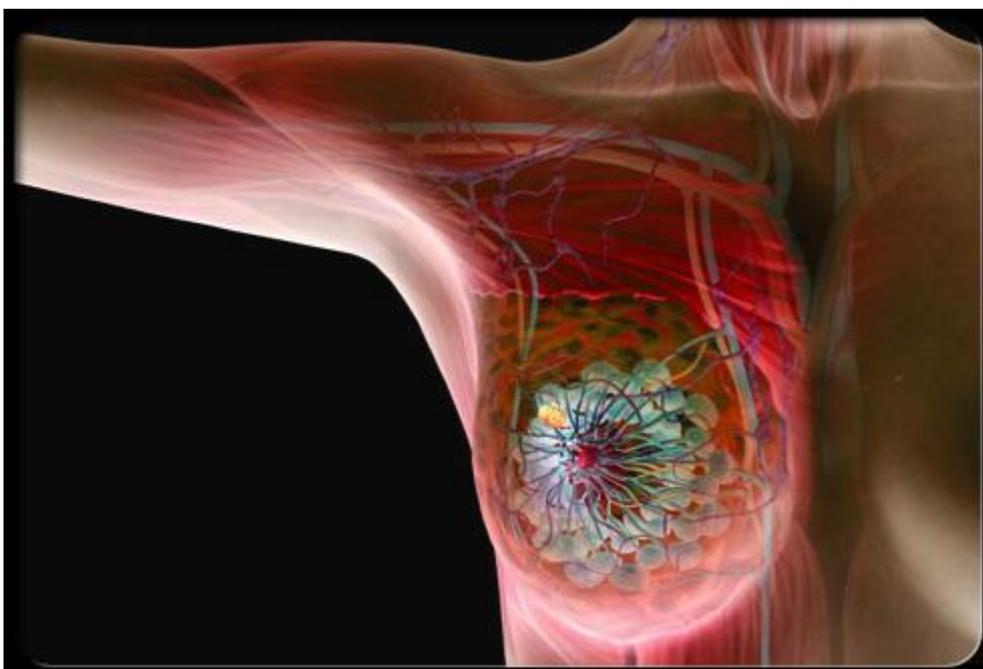


Photo: A female breast anatomy

During our recent medical mission in Nasarawa we saw several patients with breast cancer. WHO says more and more women are at risk. A recent study stated the obvious: Women who have menstruated early, with late or no pregnancies, late menopause, which have not breast fed their babies, are particularly at risk. If there is a family history of cancer - your mother, sister, etc - please treat it as an early warning sign. Learn and practice Breast Self Examination, and have Mammograms as recommended by your gynecologist. Evaluate diet too, too much of fat in your diet is a certain culprit. Selenium found in the soft bones of the fish, as well as whole grain protect against breast cancer. Exercise on regular basis

UPDATES & EVENTS

INVITATION-

TBVI Annual Symposium 2016 Switzerland

Improved TB vaccine strategies are needed more urgently than ever before. One day Symposium in Les Diablerets in the Swiss Alps on Wednesday **February 3rd, 2016**, to discuss the latest insights and developments.

Aid & Development Africa Summit Addis Ababa, Ethiopia

We would like to invite you to participate at the upcoming Aid & Development Africa Summit held at the United Nations Conference Center in Addis Ababa, Ethiopia on **2-3 February 2016**.

International Civil Society Week 2016 in Bogotá, Colombia

CIVICUS and CCONG, the Colombian national platform of NGOs. Under the theme of “*Active Citizens, Accountable Actions*”, ICSW 2016 will feature dozens of events organised by leading civil society organizations. We look forward to welcoming you in Bogotá, Colombia **from 25-28 April.2016**

Peace Builder Forum in New York, United States

Under the name 4th ECPD-LIU-VAMK Global Youth Forum in strategic cooperation between ECPD, Long Island University (New York, USA) and VAMK University (Vaasa, Finland). We hope you will be able to join us again in New York and participate in this very important international event. In the meantime, we are going to keep you informed of the preparations. The next Forum is going to be held in New York, USA **on 28-29 October 2016**

PROFOH Medical Mission-Feb, 2016.

(Date & Locations to be confirmed)

Dr. Brain Camazine Mission at NCH –Early 2016.

(Date to be confirmed.)

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