



Inspiring · Connecting · Empowering

The W Community Monthly Newsletter

(Special Health Month Edition)

October 2022



Hello Ladies

It's been a long time coming and as you know, I'm always super excited to bring you fresh and enriching content. Our September Newsletter was one of a kind, as we talked about preventing domestic gas explosion, mistakes to avoid as a newbie in entrepreneurship, maintaining healthy relationships, and our exclusive offer to get your dream car! Don't worry if you missed out on these, you can still catch up on our social media handles on Instagram, Facebook and Twitter @thewcommunity.

October is here again and something intriguing would be happening! Guess?

The W Health Month!! This event is a yearly health awareness program which began three years ago, in order to create awareness, education and screening opportunities for women to enable them become better prepared and also make healthy informed decisions.

Therefore, our October newsletter would cover various pertinent aspects of health talks. The goal is to help you maintain a healthy lifestyle. Now, let's dive in!



1

RESILIENCE; A HACK TO A STABLE MENTAL HEALTH

As humans, life always presents us with adversities and challenges such as illnesses, the demise of a loved one, financial difficulties, problematic relationships, abuse, loss of one's job, a fatal accident, and other difficulties that cause us a lot of stress. The experience of these challenges stirs up different kinds of thoughts, feelings, and reactions from people. Despite the intensity of life challenges people seem to bounce back and have a thriving life afterward. This in part could be explained by a survival skill known as resilience.



R E S I L I E N C E

What is Resilience?

According to American Psychological Association, resilience can be defined as “the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors”. It is your ability to recover from challenging situations that life presents you.

Resilience plays an important role in your mental health as it acts as a protector from the impacts of stressful events. Studies have demonstrated this. For example, a particular study indicated a negative correlation between resilience and mental disorders like anxiety and depression. The study further found resilience to be associated with health-promoting behavior and quality of life.

Furthermore, a study reported better quality of life of patients with high moderate levels of resilience than those with low levels of resilience. Resilience is therefore essential to managing life’s difficulties.

How to Build Resilience:

Resilience, like every other skill that can be learned and developed over time (American Psychological Association, 2020). Below are some of the ways you can develop your level of resilience to life challenges;

① Connect with others

The role of social support in building resilience can never be overstressed. Bonding with others is one of the very important ways to build your resilience in the face of life's downturns. In connecting with others, ensure you stay around people that truly understand you and can support you build your esteem.

② Maintain a healthy body

Your body and mind are connected. So, what affects your body can affect your mind. Care for your body by keeping to a healthy diet and staying hydrated, doing proper exercise, and maintaining sleep hygiene. They help your body to adjust to life stresses and reduce their effects on your mind.

③ Set a goal and work towards it

Decide exactly what you want at a particular time, ask yourself regularly what need you need to do, no matter how little it may be that could move you toward the realization of your goal. If that has been decided, put it into action immediately.

🕒 Be optimistic

Resilience can be built by having a positive expectation about the outcome of your life. Instead of focusing your energy on the negative outcomes, channel that energy into positive ones.

🕒 Seek the service of mental health experts

Sometimes, the trouble could be so overwhelming that you don't know what to do or who to turn to. At such times, reaching out to mental health experts would be the best option. In the events where you run out of options, the Institute of Counseling in Nigeria is willing and available to help.

The hurtful experience of life's stressors doesn't have to determine the course of your life. It is possible to adjust, change, and grow in many aspects of your life. This is why resilience is important. Resilience, therefore, helps you rise above difficulties, enables you to grow and be better off.

WRITTEN BY: Tolulope Oko-Igairé
www.instituteofcounseling.org



Inspiring · Connecting · Empowering

 @thewcommunity

PUZZLE TIME

Fruits that can help you with weight loss and management.

G U B U R A B B B
R I S I C R S E A
A P P L E S P R V
P P B N J E B R O
E H A S D N A I C
F D N H J M N E A
R Y A D H E A S D
U D N Y S L N N O
I O R A N G A S S
T R S T A N S S E
C U C U M B E R S



Inspiring - Connecting - Empowering

   @thecomcommunity

SURROGACY; A WAY OUT FOR INTENDING MOTHERS

(A proud mom through surrogacy, Toyin shares her story in her book “Mom At Last, my 13 Year Journey”).

Surrogacy is an arrangement where a woman (known as a surrogate) of reproductive years is commissioned to carry a pregnancy to terms and give birth to a baby that will be handed over at birth to a couple (called commissioning / intending parents) who are unable to carry a pregnancy themselves.

A surrogate mother is simply a helper. She is a young lady age 21-40 years who voluntarily agrees to host/carry a pregnancy on behalf of another couple with the purpose of helping them have a baby.

Intending parents who are able to produce their own embryos but are unable to carry a pregnancy to term often turn to gestational surrogacy to achieve their dreams. However, there is also opportunity for intending mothers who are unable to use their own eggs or intending fathers who are unable to use their own sperms, to achieve the family of their dreams through what is called donor surrogacy

Types Of Surrogacy Arrangement

Surrogacy can happen through different instances. Let's examine them;

⦿ Traditional Surrogacy

This is the original form of surrogacy, where the surrogate is genetically related to the baby she is carrying. This means she is the birth mother of the child and is related by blood to the child she is carrying, although she would yield parental rights to the family she is commissioned to work with. Process usually is through direct intercourse with the commissioning father or artificial insemination and sometimes, IVF. The surrogate can later lay claim on the baby and this can be quite distressful for the commissioning parents. Traditional surrogacy has been discouraged and not practiced by Fertility Centres.

⦿ Gestational Surrogacy

Implies that, the surrogates do not have any genetic connection with the babies they are carrying. If you run a DNA check, the baby and the surrogate will not be related by blood. The pregnancy process is through IVF, the intending father and intending mother provide their sperms and eggs, which will be fertilized through IVF and then the embryos formed are transferred into the prepared uterus of a surrogate mother.

The process of Gestational Surrogacy involves; Identifying you need a surrogate, Determining if you need an intermediary agency to help recruit and manage the surrogate and your treatment, Consultation, Going through the legal contract process, Counseling for all parties, Recruiting the surrogate, Going through IVF treatment, Pregnancy period, Delivery and taking your baby home.

Who are the Surrogate Mothers?

- ⦿ **An intending mother who has underdeveloped uterus, or does not have one.**
- ⦿ **An intending mother who has suffered uterine damage due to scarring/adhesions/Asherman's syndrome, endometriosis.**
- ⦿ **An intending mother who has been advised not to carry a pregnancy.**
- ⦿ **An intending mother with a serious health condition e.g. high blood pressure, renal failure / transplantation, auto immune diseases.**
- ⦿ **An intending mother undergoing medical treatment that endangers her genetic make-up e.g cancer treatment, renal transplantation, sickle cell genotype.**
- ⦿ **An intending mother who has had repeated, un-resolved miscarriages.**
- ⦿ **An intending mother whose uterus has failed to respond to several hormonal stimulations.**
- ⦿ **A mature single intending father.**
- ⦿ **Same sex male partners who desire to have a baby.**



Who Is Eligible to be a Surrogate Mother?

- A woman between age 21 and 37 years.
- Must have had previous live birth.
- Must have a clean bill of health.
- Must have had a trouble free pregnancy period.
- Must be educated enough to understand the process and sign legal agreements.

Benefits of a Gestational Surrogate Mother

Although you would not be physically pregnant with your child;

1. Surrogacy helps you have your own biological child if you are using your own gametes (eggs and sperms) .

2. You are able to take care of yourself and plan for your baby's arrival.

3. If you have medical conditions, you are not further physically stressed.

4. Yes you can breastfeed, if you want to.

5. The process is totally anonymous, so your surrogate does not get to know you.

6. You can participate in ante natal consultations.

7. You can witness the birth of your child, or have it recorded

In conclusion, we hope this letter has enriched you with adequate information and can guide you towards making a great decision.

WRITTEN BY: Toyin Lolu – Ogunmade



Inspiring · Connecting · Empowering

   @thewcommunity


presents

Health Month Webinar Series

4 Webinars

10 Health issues

12 Speakers

Cancer - October 6th

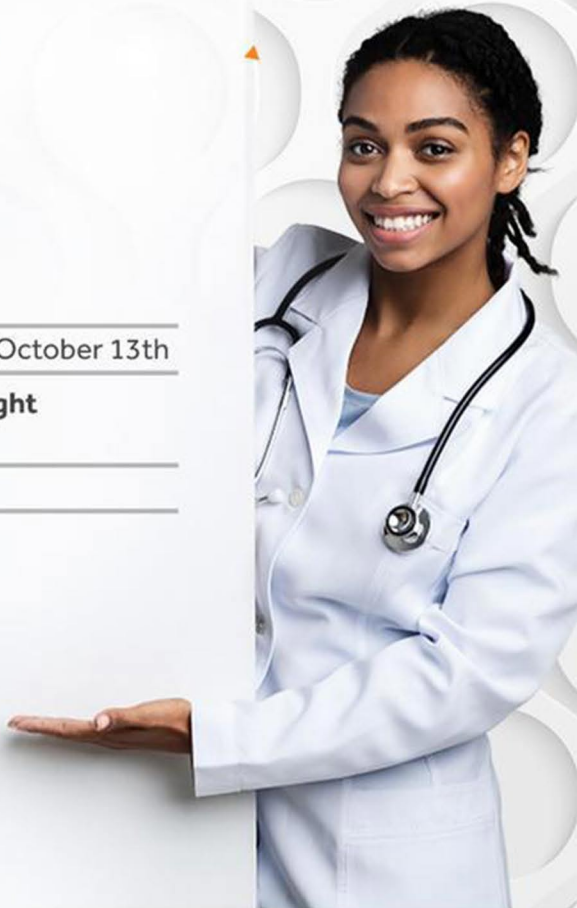
Fertility & Fibroids Management - October 13th

Chronic Diseases, Nutrition & Weight Management - October 20th

Mental Health - October 27th

Time: 4pm WAT | **Venue:** Zoom[Click to register now](#)
Invite a friend! +

#Whealthmonth



Banking with Access: Branch | ATM | online | mobile | contact centre



Access Bank will never ask for your complete card number, PIN or One-Time password. If you lose your phone, please call us immediately on 01-271-2005-7. Links within our mails will only take you to information pages on our website.

More information:
wcares@accessbankplc.com
01-227-3005
www.thewcommunity.com



accessbankplc.com

DOES DIABETES HAVE WORSE EFFECTS ON WOMEN?

Diabetes mellitus is a metabolic disease characterized by a chronic rise in blood glucose levels. As with many other diseases, a myriad of biological factors have an influence on its onset, progression and risk of complications. Examples of such biological factors are: age, family history, hormone levels, nutrition and gender. Our focus will be on the role gender plays in Diabetes.

How Gender Affects the Onset of Diabetes

Research has shown that Type 1 diabetes has a greater prevalence in men than in women of the same age, and that men are more likely to pass the disease on to their offspring. Type 2 diabetes also shows a higher male prevalence especially in early middle age, while women are more likely to pass type 2 diabetes onto their offspring.

Studies show that more men than women live with diabetes. Men are also more likely to be diagnosed with type 2 diabetes than women, and so the onset of type 2 diabetes is earlier in men than in women. One reason is that men store more fat in their bellies—a known risk factor. Also, more men than women have diabetes that's undiagnosed; perhaps

because they feel it is “better to not know” or “something must kill a man” or “don't want to hear bad news”. A man with obesity is more likely to suffer the risks of obesity (diabetes, hypertension) than his female counterpart of similar BMI because of the differences in insulin sensitivity in men and women.

Insulin sensitivity patterns differ in men and women. Insulin sensitivity is the rate at which the body cells use insulin and respond to it. A high insulin sensitivity means that body cells respond effectively to insulin and take up glucose from the blood. On the other hand, a low insulin sensitivity means a low response to insulin, leaving

How Gender Affects the Onset of Diabetes

glucose in the blood and increasing the risk for hyperglycemia (high glucose levels), and consequently, diabetes.

Insulin sensitivity is influenced by factors such as fat deposition, hormones, and lifestyle choices. The difference between insulin sensitivity in men and women is however based on fat deposition and hormones. Men tend to have more fat deposited on their internal organs especially the ones in the abdomen (liver, pancreas), which is why they appear to be more lean; while women tend to have more fat deposited in subcutaneous tissues and peripherally, on their bodies, manifesting as a more bulky body mass.

The type of fat in the abdominal region in men is known as Visceral fat, which

increases the risk of developing insulin resistance, obesity and other metabolic diseases such as diabetes and hypertension. This is because fat in these areas tend to release chemical substances which reduces insulin sensitivity.

Hormone levels also determine potential exposure to Diabetes. High amounts of Oestrogen offers some protection from insulin resistance, and since it occurs in low quantities in men, puts men at higher risk of type 2 diabetes. In the same vein, men who have low testosterone levels are at a higher risk of developing type 2 diabetes than their male counterparts who have normal levels of testosterone.

How gender affects the impact of diabetes and development of diabetic complications

Complications from diabetes arise due to a number of reasons: poor glycaemic control, sedentary lifestyle practices coupled with alcohol intake and smoking, and non-compliance with healthy dietary regimen. Common organs affected include the kidneys, heart, brain, eyes, and the extremities (hand and feet).

Studies have shown that women are more likely to suffer from the complications of diabetes. This is probably because high levels of glucose in

the blood blunt the protective effect of oestrogen, the female hormone which has a role in protecting the body from insulin resistance.

The risk of diabetic complications in women also increases rapidly as they age due to menopause. In menopause, oestrogen levels reduce drastically, leaving women bare to the effects of hyperglycaemia and putting them at risk of diabetic complications as stroke, pain in the arms and legs due to blocked

arteries, vascular diseases, kidney diseases, and heart diseases.

Heart and vascular diseases especially have been reported to affect women much more than they affect men, even becoming more lethal in women when compared to men. The reasons for the higher impact of heart diseases due to diabetes on women are not completely clear. However, some postulations say that this occurs because women are more resistant or unresponsive to the effect of the drugs prescribed for their heart problems than men are.

Depression, which is more likely to occur in women than in men, also increases the chances of worsening diabetes by about 50%, further impacting the rate at which women tend to be affected by diabetes, and develop diabetic complications.

Although these data mostly suggest that women are affected by diabetes more than men, another set of lifestyle factors come to play: Women are reportedly more concerned/meticulous about their health than men, they tend to follow through with the doctor's guidelines and indulge less in drinking alcohol and smoking. This presents another dynamic, as it is well known that poor glycemic control, alcohol intake and smoking worsen the effect of diabetes, and increase the risk of diabetic complications.

In conclusion, whether male or female, it is important to work with a healthcare professional to ensure that your glucose levels are controlled, and adhere to beneficial lifestyle adjustments to reduce the impact of diabetes on your health.

WRITTEN BY: Dr Iheoma Durunguma
Member of LiveWell Club (0803 945 5666)



CHRONICARE



Inspiring · Connecting · Empowering

    @thewcommunity

W **discount**

with **Bloom Fertility Clinic**

W Community members can now enjoy **10% discount** from our partner - BLOOM FERTILITY CLINIC on the following services:

- IVF - In Vitro Fertilization
- Fertility Assessment Test (Singles & Couples)

You can also finance your medical bills through the Maternal Health Service Support (MHSS).

To get started, email wcares@accessbankplc.com

Follow   
[@thecommunity](https://www.instagram.com/thecommunity)



BLOOM
FERTILITY CLINIC



Banking with Access: Branch | ATM | online | mobile | contact centre

 Access Bank will never ask for your complete card number, PIN or One-Time password. If you lose your phone, please call us immediately on 01-271-2005-7. Links within our mails will only take you to information pages on our website.

More information:
wcares@accessbankplc.com
01-227-3005
www.thecommunity.com



accessbankplc.com

Rich natural ingredients for great skincare

Aloe Vera

Coconut

Grape Seed Oil

Green Tea

Vitamin C

Sheabutter

Coconut Oil

Milk



Inspiring · Connecting · Empowering

   @thewcommunity

4

WHAT WOMEN SHOULD KNOW ABOUT BREAST CANCER

Breast cancer develops when cells in the breast begin to grow out of control or are not connected to the body.

The most visible indication of breast cancer is a lump in either of the breasts, so it is advisable that you examine your breasts regularly for any lump or change in the breast.

Most breast lumps are not cancerous (benign), do not spread outside the breast, and are not life-threatening. However, some benign tumours can increase the chances of developing breast cancer in the future.



Risk Factors and Prevention of Breast Cancer

The underlying cause of breast cancer is a combination of internal, or hormonal, exposures; lifestyle factors; environmental factors; and normal physiology, such as DNA replication.

About 5 – 10% of breast cancers are inherited and occur when gene changes, are passed down within a family from parent to child. They occur when tumour suppressor genes, which keep cells from growing out of control undergo some form of mutation, allowing the tumour cells to grow out of control.

Multiple risk factors influence the development of breast cancer and you need to be aware of changes in your breasts, and also consult a doctor for examination and advice if any changes are noticed.

Risk factors for developing breast cancer include:

1. Age, Personal history of breast cancer, Family history of breast cancer, Inherited risk, Personal history of ovarian cancer, Early menstruation (before age 11/12) and late menopause (before 55), Timing of pregnancy (having the first pregnancy after age 35 or if you've never had a full-term pregnancy brings a higher risk of breast cancer).
2. Weight - Recent studies have shown that being post-menopausal and being overweight or obese brings an increased risk of breast cancer.
3. Physical activity - A lower amount of physical activity is associated with an increased risk of developing breast cancer and a higher risk of having cancer come back after treatment.

4. Alcohol, Socioeconomic factors (More affluent women in all racial and ethnic groups have a higher risk of developing breast cancer than less affluent women in the same group) and Radiation exposure at a young age.

What can I do to reduce my risk of breast cancer?

☉ Lifestyle changes can decrease the risk of breast cancer, even in women at high risk, to lower your risk: Limit alcohol, Maintain a healthy weight, Be physically active, Breast-feeding (the longer you breastfeed, the greater the protective effect).

Risk Factors and Prevention of Breast Cancer

Yes! There are several ways breast cancer can be treated, depending on the kind of breast cancer and how far it has spread . Ways to treat cancer include; Surgery, Radiation therapy, chemotherapy, Hormonal therapy. Cancer treatment in general usually requires a multidisciplinary approach requiring different specialties depending on the type and stage of cancer.

The first thing to do when you suspect any abnormality in your breast is to consult a doctor who may refer you to an oncologist, who may further refer you to a specialist center like NSIA-LUTH Cancer Centre.

Bye Ladies!



Inspiring · Connecting · Empowering

[f](#) [t](#) [@](#)thewcommunity

Arguably, Health is the greatest asset any woman can have. Living a healthy lifestyle should therefore be every woman's pursuit. A healthy lifestyle helps you have a low risk of contacting diseases, increased lifespan, helps you make informed healthy decisions, and keeps you off emotional, mental and financial stress. Take advantage of every offer this Health Month brings to your table. This month what would you do to stay healthy? #StayhealthywithW join this conversation and more, as we would be bring you premium health gists on our social media handles on Facebook, Instagram and Twitter @thewcommunity.

