

HEALTHPEDIA

OCTOBER 2024

CELEBRATING
Dr. Omolola Salako:
A Trailblazer Inspiring
Women to Chase
their Dreams

Catch it before it catches you!

**5 tips
to preventive
healthcare**

Why do I feel this way?

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about PCOS!**

**What happens
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get enough sleep?**

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to improve your
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mental**

Debunking
women's health myths

health
month

Hello Ladies, welcome to another edition of our Monthly Newsletter! We have brewed something super amazing for you! Can you guess what it is? We're happy to spill! The W Health Month is officially here and we couldn't be more excited about the amazing programs we have lined up just for you! But first, here's everything you should know about the W Health Month: W Initiative, October is all about women's health and wellness, and it gives us great pleasure to share a fantastic lineup of activities and resources for you. Tell a woman to tell a woman! From health screenings to informative webinars, there is something for every woman in our community. Healthpedia is your go-to, as long as entertaining, educating and carrying you along with all of our health month offerings is concerned! You are in for a treat, and we cannot wait for you to join us as we focus on enhancing your wellness and well-being this season. Now, let's dive in!



**OCTOBER
2024**



Catch it before it catches you!

5 tips to preventive healthcare

Have you ever heard of stories where someone who is doing absolutely fine suddenly slumps? We do not intend to build fear in you but some of these incidents could have been avoided. Do you agree with us? Little daily healthy habits like scheduling regular check-ups, resting adequately and taking proactive health measures can make all the difference. We want you to embrace preventive healthcare and this is why we will enlighten you on five essential tips to embrace preventive healthcare.

1. Schedule Regular Screenings and Check-ups

One of the most effective ways to detect potential health issues is through occasional screenings and medical check-ups. We are happy to let you know that we are offering you free healthcare offerings on; Pap Smear, Breast Scan, Hepatitis B and Pelvic Scan. You also get to attend free health webinars, facilitated by experts, enlightening you on key aspects of your health. All you have to do is click here <https://forms.office.com/r/LLvcL1KmMR> to get started.

Catch it before it catches you

5 tips to preventive healthcare

Prioritise Your Mental Health

Stress, anxiety, and depression can set in as we try to navigate work, family, and personal life. Self-care, regular breaks, and mindfulness can keep you healthy.



Stay Active

Beyond staying fit, exercise keeps you healthy, controls your weight, and keeps your emotions in check. You can do this by undergoing cardio, strength training, yoga, and other exercises recommended by your trainer.

Know Your Family History

If your mother or grandmother had specific health issues like breast cancer, diabetes, or heart disease, there are chances of developing these conditions. Share your family history with your healthcare provider to ensure you receive personalised advice and preventive measures. You can also undergo genetic tests/screenings.

Stay proactive and intentional about your physical and mental well-being! Take advantage of our free screenings this health month.





your health takes front-row

This October, enjoy free access to a variety of health screenings and information.

Activities for the month.

Health Month

 Health Webinars	 Free Cervical cancer screening	 Free Hepatitis B screenings
 Discounted cancer screening @ Pearl Oncology	 Free Breast scan	 Awareness sessions
 Movie screening	 W Healthpaedia	 Free Pelvic scan

Join us this October for a month of health and well-being.

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Best exercises to improve your bone, heart, and mental health

Incorporating the right exercises into your routine can do wonders for not only your physical health but also your mental well-being.

Although 'exercise' is a broad subject matter, we would focus on areas that are very pertinent to your health which are; Your Bone, Heart and Mental health.

CARDIO FOR A HEALTHY HEART

Cardiovascular exercises get your heart pumping, improve circulation, and lower your risk of heart disease, which is very important as heart disease remains the leading cause of death among women.



Let's Discuss Effective Exercises For a Healthy Heart!

Running or Jogging: It boosts your heart health, strengthens your cardiovascular system, and improves stamina.

Cycling: Whether you're outside on a bike or using a stationary one, cycling is a low-impact way to get your heart rate up.

Swimming: This is a fantastic full-body workout that enhances cardiovascular health without putting stress on your joints.

High-Intensity Interval Training (HIIT): Short bursts of intense activity followed by brief rest periods are great for improving heart health while burning calories efficiently.

YOGA AND MEDITATION FOR MENTAL HEALTH



Have you ever tried yoga and meditation? If not, you should! It improves flexibility, reduces stress, depression, and heightens peace of mind.

Let's Discuss Effective Exercises that Will Keep Your Mental Health in Check!





Best exercises to improve your bone, heart, and mental health

Yoga: Combines physical postures with deep breathing and mindfulness, making it an excellent practice for reducing stress and improving mental clarity.

Tai Chi: Known as “meditation in motion,” originated from ancient China. It is a gentle exercise that enhances mental focus while promoting relaxation and reducing anxiety.

Mindful Walking: Combine walking with nature or your neighbourhood while focusing on your breath and surroundings. this will greatly improve your mental well-being.

WEIGHT-BEARING EXERCISES FOR STRONG BONES

Have you ever heard of Osteoporosis? It is a condition that weakens bones. Studies show that as women age, Osteoporosis becomes more prevalent. To stay healthy, weight-bearing exercises helps to strengthen bones and prevent bone loss.

Let’s Discuss Effective Exercises For a Healthy Bone!

Walking or Hiking: One of the simplest ways to strengthen your bones is to walk. Hiking is the icing on the cake that challenges your muscles and bones even further. Dancing also increases bone density, particularly in your hips and legs.

Strength Training (Weightlifting):

Resistance exercises, such as using weights or resistance bands, help build muscle and bone mass in key areas like your spine, hips, and wrists, which are prone to osteoporosis-related fractures.

Although focusing on specific types of exercise for bone, heart, and mental health is beneficial, blending these different forms of exercise into a well-rounded routine will help you maximise your overall health. For example, you can alternate between weight-bearing exercises, cardio, and yoga throughout the week to ensure you’re targeting all aspects of your health.



Sample Weekly Routine For a Healthy You

Monday	30 minutes of brisk walking and 15 minutes of strength training
Wednesday	45 minutes of swimming or cycling
Friday	20 minutes of high interval intensity workouts followed by 15 minutes of yoga
Sunday	A relaxing hike or Tai Chi session

In conclusion, blending weight-bearing, cardiovascular, and mindful exercises into your routine can give you stronger bones, a healthier heart, and a more balanced mental state.

Start small, build gradually, and enjoy the journey to improved overall health. Your body and mind will love you more!



Celebrating

Dr. Omolola Salako:

**A Trailblazer Inspiring
Women to Chase
Their Dreams**



Dr. Omolola Salako is a rolemodel of what it means to break barriers and lead with purpose. As an award-winning oncologist and one of only 81 Radiation and Clinical Oncologists in Nigeria, Dr. Salako has spent the past 18 years committed to transforming cancer care and saving lives. Her journey is one of relentless passion, and a commitment to making a difference—not only in healthcare but in the lives of women everywhere.

Being recognised as one of the “2021 Brightest Minds in Cancer Research” by the Conquer Cancer Foundation and the American Society of Clinical Oncology, Dr. Salako’s leadership and expertise in the oncology ecosystem have made her a Global Cancer Leader. Her impact has transcended beyond the clinical setting, with her social impact projects attracting grants, recognition, and a lasting legacy in cancer care.

Through her vibrant startups—Sebecly Cancer Care, Pearl Oncology Clinic Lekki, and Oncopa-di Tech LTD—Dr. Salako has increased access to cancer treatment, prevention, and accurate information for thousands of women. Sebecly Cancer Care alone has provided free breast and cervical cancer screening and treatment for over 20,000 women in partnership with ACT Founda-

tion and Access Bank. Her drive to expand care and create change serves as an inspiration to women looking to make their own mark on the world.

Her story reflects the power of perseverance, ambition, and compassion. She stands as a role model for women, reminding them that they too can rise to the top of their fields, chase their dreams, and change the world. Beyond her professional achievements, she embraces life’s joys—whether it’s enjoying world music or exploring new cultures—showing that success and fulfilment can go hand in hand.

Dr. Omolola Salako’s achievements is a proof that women can achieve anything they set their mind to.

We hope that her story inspires you to chase your dreams, break boundaries, and create a legacy that impacts generations to come.

Health challenge of the month: 31 days to a healthier you

This October, we're inviting you to join our 31-Day Health Challenge! Each day, we'll focus on a simple, healthy habit designed to boost your well-being. From drinking more water to practicing mindfulness, these small daily changes can make a big difference in your health.



SUN	MON	TUES	WED	THURS	FRI	SAT
		OCT-1 Start your day with a motivational mantra or intention, such as "I choose joy" or "I am capable."	OCT-2 List out your health goals for the month and send this challenge to a friend.	OCT-3 Step outside for a short walk during your lunch break.	OCT-4 Get moving and aim for 10,000 steps!	OCT-5 Try a Digital Detox Day – Unplug for the day and focus on offline activities like reading, exercising, or cooking.
OCT-6 Write down three things you're grateful for each day to boost positivity and mental well-being.	OCT-7 Register for any of the W free health screenings	OCT-8 Have a plant-based day by avoiding meat and opting for vegetarian meals.	OCT-9 Visit our social media page on Instagram X or Facebook, click the link in our bio and register for our free health webinars	OCT-10 Reflect on your mental and emotional well-being and journal your thoughts.	OCT-11 Write out the reason why you love being a girl child	OCT-12 Take active steps to care for your eyes. Eat healthy, reduce screen time and visit an optometrist if you notice anything unusual.
OCT-13 Make a nutritious smoothie packed with fruits, greens, and protein.	OCT-14 Start the week with a 10-minute mindful breathing or meditation session to set a positive tone.	OCT-15 Drink 8 Glasses of Water	OCT-16 Swap sugary snacks for healthier options like fruits or nuts	OCT-17 Play your favorite songs to elevate your mood.	OCT-18 Write down 3 things you're grateful for today.	OCT-19 Connect with a Friend – Reach out to a friend for a conversation to boost your emotional wellness
OCT-20 Plan and prepare healthy meals for the upcoming days to ensure balanced eating all week.	OCT-21 Reflect on the weekend and start the week with positivity by writing down three things you're grateful for.	OCT-22 Skip the elevator and take the stairs for an extra workout.	OCT-23 Set a reminder to stand and stretch for a few minutes every hour to reduce the effects of sitting.	OCT-24 Support a health or wellness initiative you care about to give back to your community	OCT-25 Prepare a balanced meal rich in lean protein, vegetables, and whole grains.	OCT-26 Spend 15 Minutes in Nature – Visit a park, garden, or just step outside to connect with nature.
OCT-27 Eat a Rainbow – Include at least 5 different colored fruits and vegetables in your meals today.	OCT-28 Start the week with a 10-minute mindful breathing or meditation session to set a positive tone.	OCT-29 Limit Caffeine – Swap your coffee or energy drink for herbal tea or water.	OCT-30 Reflect on the positive changes you've made and share your journey with the hashtag #WHealthChallenge.	OCT-31 Write out ten things this challenge helped you achieve, post it on social media using the #WHealthMonth31Days-Challenge		





What happens when you finally get enough sleep

The benefits might surprise you!

Have you been there? Working tirelessly on unending deliverables through the day, motivated by coffee and sheer willpower, running on far too little sleep. For many of us, inadequate sleep has become a lifestyle, owing to reasons such as being a career woman, a female business owner, a student, parent, or even the daily hustle and bustle of life. Getting enough sleep is very important because you need “YOU” to be able to carry out your life’s activities.

What happens when you finally get enough sleep

The benefits might surprise you!

Your Mood Improves Significantly

One of the first noticeable changes when you get enough sleep is emotional regulation. With proper sleep, your brain can better manage stress, making you more resilient and equipped to handle your daily routine.

Your Cognitive Function is Enhanced

Lack of sleep can make you feel foggy and forgetful, but when you get enough sleep, your cognitive functions improve significantly. Your memory retention also gets a boost, helping you recall information more effectively.

Boosted Immune System

When you are sleep-deprived, your body's defences weaken, making you more susceptible to illnesses like colds, the flu, or infections. Consistent sleep gives your immune system the support it needs, helping your body fend off viruses and keep you feeling strong.

Reduced Risk of Chronic Diseases

Studies have shown that consistently getting enough sleep reduces your risk of developing chronic conditions like heart disease, diabetes, and hypertension. Sleep helps regulate blood pressure, improves insulin sensitivity, and lowers inflammation in the body. Over time, these benefits significantly reduce your risk of life-threatening diseases.

A Healthier Heart

When you are sleep-deprived, your body produces stress hormones that can increase blood pressure and heart rate. Overtime, this puts extra strain on your heart, increasing the risk of heart disease and stroke. Getting enough sleep allows your heart to rest and repair, leading to a healthier cardiovascular system.

Balanced Hormones

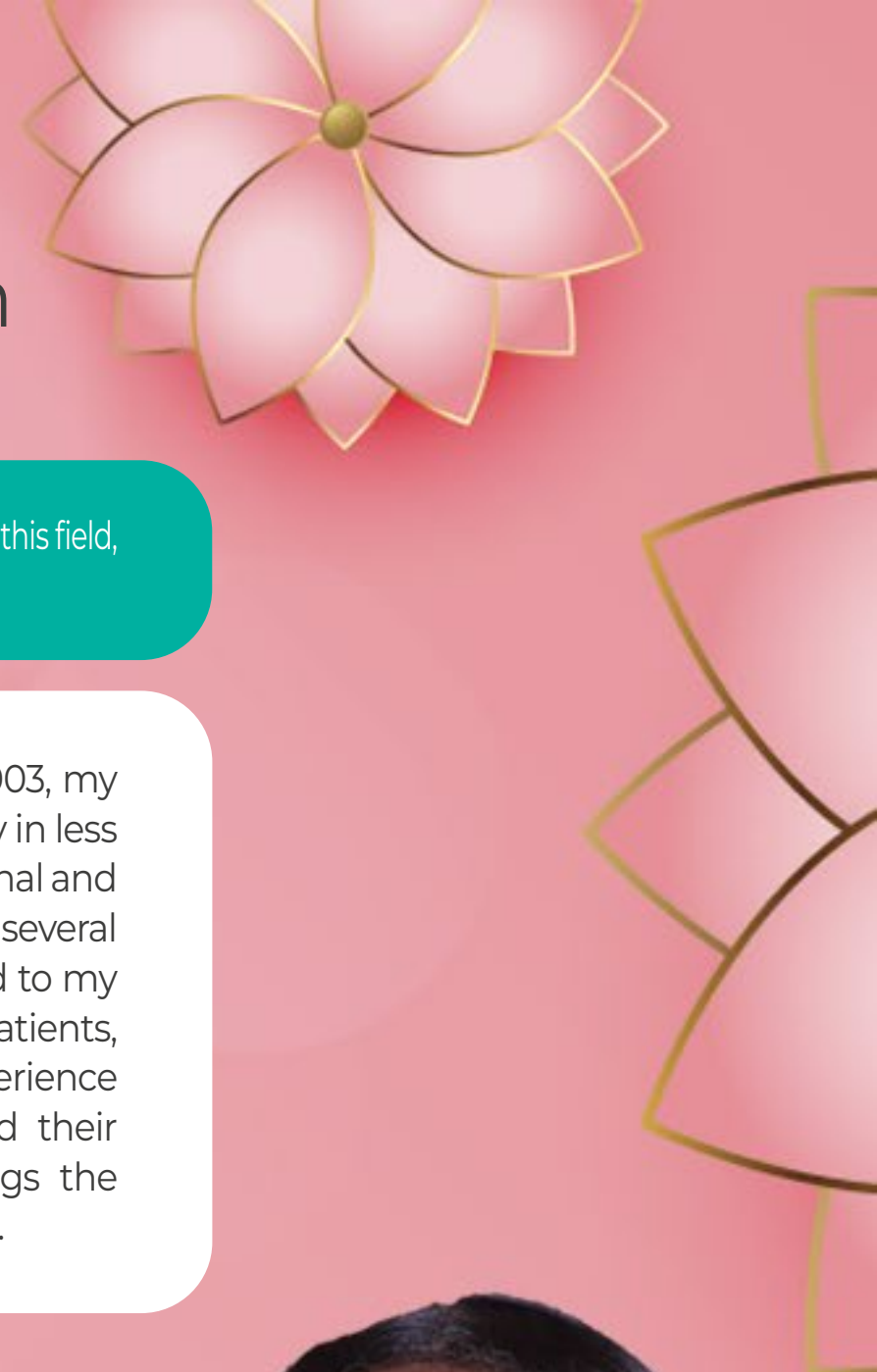
A good night's sleep balances hormones related to stress, metabolism, and reproduction. Lack of sleep can disrupt menstrual cycles, fertility, and even lead to issues like polycystic ovary syndrome (PCOS).

Today and beyond, occasionally let go of the late-night emails or scrolling through social media, and give yourself the gift of rest. Your body and mind will thank you!





Presents
an exclusive interview session
WITH DR. OMOLOLA SALAKO



Dr. Salako, you've had a remarkable 21-year career in oncology. What initially inspired you to pursue this field, particularly in a country like Nigeria where cancer care is still developing?

My journey in oncology is a tale of finding beauty in the midst of ashes. In 2003, my younger sister received a terminal cancer diagnosis and tragically passed away in less than three months. While it was an honor to care for her, it took a heavy emotional and physical toll on my family. I was a medical student at the time and had to miss several weeks of school while looking after my sister. Following her funeral, I returned to my studies. As I progressed through medical school, I encountered more cancer patients, which heightened my sensitivity to their struggles and symptoms. This experience motivated me to develop solutions that provide support for patients and their families. While my career has been fulfilling and purposeful, it also brings the challenges of working in a high-pressure environment and the risk of burnout.

Being named one of the "2021 Brightest Minds in Cancer Research" is an incredible honor. How did this recognition impact your work and your goals within the oncology Ecosystem?

The recognition was amazing. Being featured alongside 30 global cancer researchers was incredible, especially because it came with funding that allowed my research team to advance our work in cancer technology. One of the biggest challenges in cancer care is managing the side effects of cancer treatment. For example, after chemotherapy, many patients may experience vomiting, diarrhea, weakness, etc. However, the challenge is that these side effects occur at home, where patients can't easily reach their cancer doctors. Since 2018, the Oncopadi Tech team has been developing the PROSECare app, which enables cancer patients or their caregivers to report side effects and receive clinical advice and recommendations. It was very fulfilling to receive support from the Conquer Cancer Foundation/American Society of Clinical Oncology and to be recognized as one of the brightest minds in cancer research. Currently, the PROSECare app is being used in clinical and research settings by hundreds of cancer patients undergoing treatment across Nigeria for over 16 different types of cancer.

Through Sebecly Cancer Care, you've provided free breast and cervical screenings to over 31,000 women. What drives you to focus so strongly on access to cancer prevention and treatment for underserved communities?

It's simple: 40% of cancers are preventable. Cervical cancer is the 2nd most common cancer affecting Nigerian women. In 2022, more than 13,676 women were diagnosed, and 7,093 died from cervical cancer. Cervical cancer can be detected at stage 0 before it becomes full-blown cancer. If women have access to cervical screening and treatment, no one should be diagnosed with this disease, let alone die from it. In 2017, Sebecly launched the #TimeToScreen program, providing free cervical screening to over 31,000 women and treating 565 cases of stage 0 cervical cancer through cryotherapy/thermal ablation. They have also trained over 100 healthcare professionals on best practices in cancer screening. This initiative has been in partnership with the Lagos State Ministry of Health, Ogun State Primary Health Care Board, Aspire Coronation Trust Foundation, Access Bank, Clinton Health Access Initiative, and other mission-aligned partners. Sebecly provides community and corporate cancer screening services and is committed to eliminating cervical cancer through education, screening, and vaccination.



Many people in Nigeria still have limited access to accurate cancer information. How can the public be better educated on cancer prevention, and what role does Sebeccly play in this effort?

There is a lot of advocacy happening at both the governmental and non-governmental levels to promote healthy living and the importance of cancer screening. However, many people still don't fully understand the benefits of healthy living and regular cancer screening, which means that preventable cancers are not being prevented. One effective way to address this is by creating easily understandable medical information in different languages and formats to educate and remind the public about cancer prevention. Sebeccly conducts Prevent Cancer Webinars regularly to educate the public, and our social media pages provide information about our cancer screening services and share tips for healthy living. You can Watch our breast awareness videos on YouTube.

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Breast and cervical cancers are significant health issues for women. What message would you like to share with women about early detection and prevention of these Cancers?

I urge all women to prioritize their annual medical checkups. If you haven't had a checkup and cancer screening in 2024, please schedule one at Pearl Oncology Specialist Hospital. Feel free to contact us to learn more about suitable screenings and checkups based on your age. It's important for women to invest in their health by making time for daily exercise and consuming more plant-based foods while reducing salt, sugar, and oil in their diets. Our ongoing Breast Health Friday program offers a 50% discount on mammograms and breast ultrasound scans. We also provide education on breast self-examination, clinical breast examination, and mammograms. This program is in partnership with ACT Foundation, Access Bank, and other organizations.

How do you address the psychological and emotional needs of women who are diagnosed with cancer, and what support systems have you put in place for them at Sebeccly and Pearl Oncology Specialist Hospital?

Cancer is a complex disease that affects every aspect of a patient's life, including their mental health. It is common for individuals diagnosed with cancer to feel scared, angry, in denial, and to experience anxiety and panic attacks. Over the years, we have made sure that women diagnosed with cancer have access to three key resources:

- I. Support groups and online communities where cancer survivors share their experiences and coping strategies.
- II. One-on-one sessions with a psychologist: We encourage everyone impacted by cancer to seek professional help by speaking with a clinical psychologist either virtually or in a clinic setting.
- III. The Oncopadi platform is an award-winning, user-friendly cancer app designed to provide information, connect patients and caregivers with specialists, and offer virtual cancer care and support.

As a social entrepreneur, how do you measure the impact of your projects, and what has been the most fulfilling aspect of your work in increasing access to healthcare for women?

The most fulfilling part of my work is that I have been able to convert my pain to passion and I have gone on to help millions of people through the various startups I work with. One of the newest projects I am excited about is Pearl Oncology Specialist Hospitals' partnership with Access Bank. Through a W Cancer loan, a caregiver can promptly access cancer care worth 10 Million Naira at Pearl Oncology Specialist Hospital. is a 10-bed cancer centre that delivers 24-hour cancer care in Lekki. As a social entrepreneur, my work is a love letter to anyone impacted by cancer.

Looking ahead, what are your hopes for the future of cancer care in Nigeria, particularly for women's health?

My career vision goal is to expand cancer products and services, such as the Oncopadi and PROSE care apps, to reach millions of cancer patients in Nigeria and worldwide. I hope that we eliminate all cancers. No woman or man should be diagnosed with cancer. We should find a cure so that no one dies from the disease. Also, I would like to see a cancer-free generation in Nigeria.

If you could give one piece of advice to young women aspiring to enter the field of oncology or healthcare, what would it be?

It would be a Bible verse, Habakkuk 2: 2: "Write the vision, make it plain." Meditate on your vision during good times and tough times. A medical career, especially in oncology, is rewarding but also filled with challenges. Write your career vision, mission, and core values, and have a tribe that keeps you deeply rooted in your why.

Finally, as you continue to lead in the fight against cancer, what legacy do you hope to leave behind in the Nigerian healthcare system and globally?

My legacy is to bring hope and illuminate the dark paths cancer patients and their family caregivers walk through. I would love to be remembered as the People's Oncologist who built products and services that inspired the masses and made cancer patients live longer, happier and healthier lives.

Debunking

women's health myths



MYTHS

You can't exercise during pregnancy.

Menopause causes weight gain.

A higher sex drive is a sign of being unhealthy or promiscuous."

Women with PCOS can't get pregnant.

Vaginal dryness only happens during menopause.

FACTS

Most women can safely exercise during pregnancy. In fact, regular exercise can help with labour, delivery, and recovery, but it is important to consult a healthcare provider for personalised recommendations.

Menopause itself doesn't cause weight gain, but hormonal changes and aging can lead to changes in body composition and metabolism. Diet and exercise play key roles in managing weight.

Sexual desire varies greatly among individuals and is influenced by a variety of factors, including hormonal levels, psychological state, and relationship dynamics. It's a normal part of human diversity.

Women with polycystic ovary syndrome (PCOS) can get pregnant, though it may be more challenging. Treatment options are available to help manage symptoms and improve fertility.

Vaginal dryness can occur at any age due to factors like hormonal changes, medication side effects, or certain health conditions.



Why do i feel this way?

Let's talk about PCOS!

“Why is my period inconsistent? Why am I struggling to lose weight despite exercising? Why the sudden acne and hair loss?” Is this you? We want you to know that you are not alone! These symptoms could point to a common, yet often misunderstood condition known as polycystic ovary syndrome (PCOS). But what exactly is PCOS, and how does it affect women’s health?

What is PCOS?

PCOS is a hormonal disorder that affects 1 in 10 women of reproductive age. It occurs when the ovaries produce an abnormal amount of androgens, the so-called “male hormones” that are normally present in small amounts in women. This hormonal imbalance can interfere with the normal function of the ovaries, leading to a variety of symptoms that impact both physical and emotional well-being.

Common Symptoms of PCOS

PCOS affects women in diverse ways, as not every woman experiences the same symptoms. However, here are some of the most common signs:

Irregular Periods, Excess Hair Growth (Hirsutism), Acne and Oily Skin, Weight Gain, Hair Thinning or Loss, , Fertility Issues, Fatigue and Mood Swings.

What Causes PCOS?

The exact cause of PCOS is still unknown, but genetics, insulin resistance, and lifestyle factors are thought to play a role.

How is PCOS Diagnosed?

Doctors typically look at a combination of symptoms, medical history, and a physical exam. Doctors may also run blood tests to check hormone levels and recommend an ultrasound to look for cysts on the ovaries.

With the right treatment plan, many women can reduce their symptoms and improve their quality of life.



Diet: A balanced diet rich in whole grains, lean proteins, and healthy fats can help manage insulin levels and reduce the risk of type 2 diabetes, which many women with PCOS are at higher risk of developing.

Exercise: Regular physical activity can help lower insulin resistance, manage weight, and improve mood. Even moderate activities like walking or yoga can have a positive effect.

Anti-Androgen Medications: These drugs can reduce excess hair growth and acne by blocking the effects of androgens.

Fertility Treatments: Women with PCOS trying to conceive but facing difficulty can opt-in for fertility treatments such as ovulation-inducing medications in order to increase the chances of pregnancy.





Why PCOS Awareness is Important

PCOS may just mean dealing with the inconvenience of irregular periods for some women, while for others, it can lead to significant health challenges, including an increased risk of diabetes, heart disease, and endometrial cancer. Early diagnosis and management are key to reducing these risks and improving overall health.

If you have been asking yourself or you know anyone who has been asking, “Why do I feel this way?” and recognising some of the symptoms of PCOS, it is time to stop sitting on the fence – take action by seeking professional help. PCOS may be a lifelong condition, but with proper approach, it can be managed effectively.

Ladies what your heart telling you?

Let's talk heart health

When we think about heart health, we often picture it as a concern for older adults. However, research says that heart disease is the leading cause of death among women globally. It is time to listen to what our hearts are telling us! From constant fatigue to shortness of breath, what may seem like everyday stress could be your heart's way of asking for attention. Heart attacks in women can look different than the dramatic chest pain we see in movies. Symptoms may include:

Unexplained fatigue that doesn't go away, Shortness of breath, even when you're resting, Discomfort or pain in your neck, jaw, or back, Nausea or lightheadedness, Pressure in the chest that feels more like tightness than sharp pain.

The good news is, heart disease is often preventable with a few lifestyle changes.



Let Us Discuss Simple Steps to Keep Your Heart Strong

Stay Active

Aim for at least 30 minutes of moderate exercise like walking, dancing, or swimming five days a week. It doesn't have to be intense – the key is consistency.

Eat Heart-Healthy Foods

Eat whole grains, fruits, and vegetables, whole proteins (fish and chicken). Reduce salt, sugar, and saturated fats.

Manage Stress

Manage stress effectively through meditation, yoga, or simply setting aside time to unwind.

Schedule Regular Check-ups

Get your blood pressure, cholesterol, and blood sugar levels checked regularly. Monitoring these numbers can give you insight into your heart health and allow you to take action before issues arise.

Your heart works hard for you every day, so give it the care it deserves. Small changes in your lifestyle, combined with regular health check-ups, can significantly reduce your risk of heart disease.

The health loan unleashed: your path to affordable premium healthcare

Access to top-tier healthcare such as family planning, critical medical emergencies, or managing chronic conditions, is essential for every woman. We all know how medical costs can be overwhelming, especially when unplanned for. Women are the pulse of everything we do at the W Initiative and which is why we created the W Health Loan to ensure you and your family have access to quality healthcare.

The W Health Loan provides discounted financing to cover pertinent aspects of women's lives such as fertility treatments, life-saving cancer care and so much more. This all inclusive loan solution is programmed to support your unique healthcare needs as a woman.

Let us discuss the various segments of the W Health Loan;

Welcoming a new life into the world should be a moment of joy, not stress. With Maternal Health Service Support (MHSS) women can access up to N10 million to cover a variety of maternity-related services. This loan caters for fertility treatments, fibroid removal, child delivery at home or abroad, or even specialised paediatric care. We have successfully recorded the birth of 104 babies through this loan.

What's more? MHSS extends beyond maternity to include specialised medical procedures like dental implants, optical surgery, orthopaedic treatments, and even weight-loss surgery (bariatric care).

Why wait? Take control of your health journey today with the MHSS.

W Cancer Support

A cancer diagnosis can be devastating, both emotionally and financially. The W Cancer Support plan offers up to N10 million in financing for a wide range of cancers, including breast, gynaecological, prostate, and childhood cancers. It eases the financial burden by covering treatment for cervical, ovarian, uterine, or even rarer cancers, such as head and neck or blood cancers. Additionally, this support includes coverage for crucial cancer diagnostic scans like PET-CT, giving you the confidence that early detection and treatment are within reach.

With W Cancer Support, you can focus on recovery, not the cost of treatment.



W Medical Emergency Support

Medical emergencies can strike at any time, and the cost of urgent care can be emotionally draining. The W Medical Emergency Support plan provides up to N2 million in financing for immediate medical needs, including accidents, intensive care unit (ICU) emergencies, and neonatal care for your little ones. The W Medical Emergency Support will help cover the costs of critical care when every second counts.

Why Choose the W Health Loan?

The W Health Loan is more than just a financial product—it is our commitment to supporting women through every stage of life. Do you know a woman managing her fertility journey, recovering from a serious illness, or dealing with an unexpected emergency? We're here to ensure she has access to the best possible healthcare without the financial strain. With flexible loan amounts and repayment options tailored to meet your health needs, the W Health Loan gives you the freedom to focus on what truly matters—your health and well-being.

Are You Ready to be in Control of Your Health and Well-being?

Don't wait for a medical crisis to make healthcare a priority. The W Health Loan is here for you. Your health, your wealth—start your journey with the W Health Loan today! To get started, kindly email us at [**wcares@accessbankplc.com**](mailto:wcares@accessbankplc.com)



Access the W Health Loan at **Pearl Oncology!**

The W Initiative, Access Bank has partnered with Pearl Oncology to provide discounted health financing for women and children.

Special Offer for Access Bank Customers:



Health Loans: Up to NGN 10 million* to cover cancer care costs



Exclusive Discount: 30% off your first consultation service

Email wcares@accessbankplc.com to get started

*Ts & Cs apply



More Information:

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more than banking

Health Month Affirmations

“I prioritise my health and make choices that support my well-being.”

“Every day, I am becoming stronger, healthier, and more vibrant.”

“I listen to my body and respond to its needs with care and compassion.”

“I am in control of my health and take proactive steps to maintain it.”

“I am grateful for my body’s ability to heal and rejuvenate itself.”

“I radiate positive energy and attract health and vitality into my life.”

“I nourish my body with healthy foods and positive thoughts.”

“I am patient with myself and honour the process of achieving optimal health.”

“I am committed to living a balanced and active lifestyle.”

“I trust in my body’s ability to recover and thrive.”

“I am committed to living a balanced and active lifestyle.”

“I choose to focus on the present moment and let go of stress and worry.”

“I embrace and appreciate my body for all it does for me.”

“I am empowered to make choices that enhance my physical and mental health.”

“I celebrate every small victory and progress on my health journey.”

“I surround myself with supportive people who encourage my well-being.”

TIPS FOR NAVIGATING POSTPARTUM MATERNAL HEALTH: POSTPARTUM CARE



The postpartum period, also known as the “fourth trimester,” is a time of immense change—physically, emotionally, and mentally. After the joy of welcoming your baby, it is normal to feel a wide range of emotions, from pure happiness to moments of overwhelm. Navigating this new chapter can be challenging, but with the right guide and support, you can embrace postpartum with confidence. Signs of Postpartum Depression vary from persistent sadness, anxiety, or mood swings, to Feelings of guilt and difficulty bonding with your baby.

Here are some helpful tips for thriving during the postpartum period:



- **Nourish Your Body**
- **Take Care of Your Mental Health**
- **Create a Support System**
- **Give Yourself Grace**

Everyday won't be perfect, and that's okay. Motherhood is a journey, and as you navigate it, be sure to show yourself the same love and care that you give to your baby. You're stronger than you think, and with time, patience, and support, you'll find your stride in this new chapter of life.

Debunking *women's health myths*



MYTHS

Women only need to worry about breast cancer if they have a family history.”

Eating fat causes weight gain.

Women should only get Pap smears if they're sexually active.”

Hormonal birth control causes infertility.

You can't get pregnant if you're on your period.”

FACTS

While family history can increase risk, most women who develop breast cancer do not have a family history of the disease. Regular screenings and self-exams are important for all women.

Fat itself doesn't cause weight gain. Consuming more calories than you burn is what leads to weight gain. Healthy fats are an essential part of a balanced diet.

Pap smears are important for all women over 21, regardless of sexual activity, to screen for cervical cancer and other abnormalities

Hormonal birth control does not cause permanent infertility. Fertility usually returns to normal after stopping the pill, though it may take a few months for some women.

While less common, it's still possible to get pregnant during your period. Sperm can live in the female reproductive tract for up to 5 days, and ovulation can occur shortly after your period ends.

V
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104 babies ^{in the} W cradle!

Our W Health Loan has empowered 104 women to safely bring their babies into the world. Join us in celebrating this milestone.

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120
WOMENPRENEUR
FINALISTS**

a new chapter begins

120 remarkable women have claimed their slots at the

**WOMENPRENEUR
★PITCH-A-TON★**

season 6

**Click the link in bio to
view the full winners list**

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10 ANTI-AGING TIPS

- *Apply sunscreen to protect your skin against UV damage.*
- *Drink plenty of water to keep skin hydrated and flush out toxins.*
- *Eat a balanced diet rich in fruits, vegetables, lean proteins, and healthy fats.*
- *Engage in physical activity to improve circulation and boost overall health.*
- *Use a moisturiser suited to your skin type to keep skin hydrated and supple*
- *Smoking accelerates skin ageing and damages collagen and elastin.*
- *Limit Alcohol Intake: Excessive alcohol can dehydrate the skin and contribute to premature ageing.*
- *Aim for 7-9 hours of quality sleep each night to support skin repair and regeneration.*
- *Avoid Excessive Sun Exposure: Seek shade and wear protective clothing when exposed to the sun.*
- *Gently exfoliate to remove dead skin cells and promote a smoother complexion.*

6 Natural ways to boost your immune system

- **Eat a Balanced Diet Rich in Fruits and Vegetables**
- **Stay Hydrated**
- **Get Regular Exercise**
- **Get Enough Sleep**
- **Manage Stress**
- **Reduce Sugar Intake**

When you make these habits a lifestyle, you are strengthening your immune system and improving your overall health!



DIY health hacks healthier you

This month, we are bringing you some simple, quick, and easy DIY health hacks that you can try at home. These hacks will help you relax, rejuvenate, and stay healthy in the comfort of your own space. From making an all-natural face mask to brewing a soothing herbal tea, here's how to treat yourself with a little extra care!

(1) At-Home Hydrating Face Mask

Revitalise your skin with this easy-to-make, all-natural face mask.

Ingredients:

- 2 tablespoons of plain yogurt
- 1 tablespoon of honey
- 1 tablespoon of oats

Instructions:

- Mix all ingredients together to form a smooth paste.
- Apply evenly to your face and let it sit for 15-20 minutes.
- Rinse with warm water and pat your face dry.

Tip: The yoghurt soothes and hydrates, while honey acts as a natural antibacterial agent. The oats gently exfoliate, leaving your skin feeling refreshed.

Child's Pose:

Kneel on the floor and sit back on your heels.

Stretch your arms forward and lower your head to the floor.

Hold for 30 seconds to a minute, breathing deeply.



(2) DIY Immune-Boosting Smoothie

Revitalise your skin with this easy-to-make, all-natural face mask.

Ingredients:

- 1 peeled
- ½ cup of frozen berries (blueberries, strawberries, or raspberries)
- 1 small piece of ginger (about 1 inch)
- 1 tablespoon of chia seeds
- 1 cup of spinach
- ½ cup of water or coconut water

Instructions:

- Blend all ingredients together until smooth.
- Pour into a glass and enjoy immediately!

Tip: Packed with vitamin C, antioxidants, and fibre, this smoothie helps support your immune system and keeps you energised throughout the day.

Try These Simple DIY Health Hacks and Feel the Difference! Share your results on social media with the hashtag #WHealthHacks and inspire others to join in the wellness journey!



Instructions:

Print or draw the bingo board. Complete the self-care activities and check them off on the board. Aim to get a “Bingo” (five activities in a row) or complete the entire board by the end of the month. Feel free to adjust the activities to better suit your preferences and needs!



Self-care

B	I	N	G	O
<i>Read for 30 minutes</i>	<i>Take a bubble bath</i>	<i>Go for a walk</i>	<i>Meditate for 10 minutes</i>	<i>Cook a healthy meal</i>
<i>Write in a journal</i>	<i>Practice deep breathing</i>	<i>Call a friend</i>	<i>Do a workout</i>	<i>Spend time in nature</i>
<i>Listen to a music you love</i>	<i>Engage in a hobby you enjoy</i>			

EVENTS CORNER



The W Initiative Launch in Zambia



MSME Finance Awards 2024



The Global Sme Finance Award Winner 2024



The W Initiative Launch in Botswana





Breakfast Dialogue 8

Collaborative Leadership:

Bridging Sectors for Sustainable Development in Africa

10th
October,
2024

10AM
WAT



Ricardo Michel
Co-Chief Executive Officer
The Palladium Group



Susan Davis
Equitable Philanthropy
Advisor



Aline Varre
Director of Strategy &
Business Development,
PIND Foundation



Isoken Aruede
Compere



Thelma Ekiyor-Solanke
Chairperson, Nigeria
Office for Philanthropy &
Impact Investing (NPO)



Vincent Otieno Odhiambo
East Africa Regional
Director, Ashoka



Bankole Oloruntoba
CEO, Nigeria Climate
Innovation Center



Francis Okoye
Faculty Member, Lagos
Business School



Nneka Okekearu
Director, Enterprise
Development Centre, Pan
Atlantic University

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October is **W Health Month**



**Stay tuned for more details on our
upcoming Health Month activities.**

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Thank You Ladies!

Thank you for reading this newsletter! We know it was definitely shades of educating, entertaining and fun. At W, we are all about Inspiring, Connecting and Empowering women. To achieve this goal, we birth initiatives that are beneficial to women. The W Health month is one of the ways we express our commitment to women. We encourage you to be an active participant and beneficiary of everything we are bringing to you this season. As the year progresses, we hope it will continually bring you fulfilment and joy. Remember, each new day is a blank page, waiting for you to write your story of growth, hope, and limitless possibilities. Stay updated and take full advantage of these valuable offerings by following us on Instagram, Facebook, and X @thewcommunity. For any inquiries, feel free to reach out via email at wcares@accessbankplc.com.



• *Inspiring* • *Connecting* • *Empowering*