



## Dr. Ibrahim Wada, OON, Founder/CEO, Nisa Medical Group Turbaned as Talban Jiwa of Jiwa Community

In a vivid display of cultural richness, the Jiwa community in Federal Capital Territory (FCT), Nigeria, recently witnessed the ceremonial turbaning of Dr Ibrahim Wada and other Chiefs. The event held on the 26th December 2023 was part of the annual Jiwa Festival. It was presided over by Sarkin Jiwa, HRH Idris Musa.

Among the dignitaries who graced the occasion were: Engr. Sani Ndanusa, Ubandoma Kasar Jiwa, who was the chairman of the occasion;

Alhaji Umar Ganduje, the National Chairman of the APC, who was a Guest of Honour; Capt. Ichalla Wada, a Former Governor of Kogi State; Her Excellency Mariam Morales, the Cuban Ambassador to Nigeria and her Husband; the FCT Commissioner of Police, Haruna Garba; Head of DSS, FCT, Ado Muazu; Permanent Secretary, Police Affairs, Sanni Borzo; Dr. Mohammed Shuaibu; Alh. Suleman Abubakar, Sarkin Kwali; David Attaboh, Management and staff of Nisa Medical Group

Some of the kingmakers on ground to assist the king — HRH Alh. Idris Musa (MFR) the Sarkin Jiwa, were Mallam Mohammed Danladi Akoshi, Alh. Abdulmumuni Tanko Nuhu, Alh. Abubakar Ibrahim. During the ceremony, the Sarkin Jiwa implored the indigenes and residents of the FCT to maintain a peaceful coexistence. He further urged them to back the country's leadership to foster progress and development.



This call underscores the importance of both leaders and followers in shaping Nigeria's future. Speaking on the sidelines of the event, Dr Ibrahim Wada, who was turbaned as the Talban Jiwa, called for improved education in the community. He said, "I am happy to be turbaned as the Talban Jiwa. Following my turbaning, I will be playing a major role in advising the Emir of Jiwa on the issues of health and education development in the community."

### The Role of Talban Jiwa

In his new role as Talban Jiwa, Dr. Ibrahim Wada is expected to play a pivotal role in advising the Emir on matters pertaining to health and education development within the community. His call for improved education in the community already signifies his dedication to this role. This demonstrates how traditional ceremonies like the Jiwa Festival can also serve as platforms for addressing contemporary community issues.



# 10

## Health Symptoms You Shouldn't Ignore



Have you ever noticed how diligent we are about taking our cars in for maintenance or repair? The slightest knock, clank, or clatter and we are off to the mechanic shop. However, many don't always have that same philosophy about personal health issues and their own bodies. Sometimes things happen in our bodies that seem minor, and which we may be tempted to dismiss. However, some of these are warning signs that should be evaluated by your Doctor, so they can be effectively treated before they turn into more serious problems. Health problems often don't creep up quietly and zap a person when it's least expected. There are important signs that people, young and old alike dismiss until it's too late.

### 1. Chest Pain

Chest pain can be identified as it can be dull aching sensation, pressure across the chest, sharp stabbing pain. The intensity, duration, location, and quality of chest pain is different for every person who is experiencing it.

If you feel a painful heaviness in your chest or pain that radiates from your chest down your arm or up into your jaw area, it could be best to see a doctor right away. Intense chest pain or a sense of heaviness in the chest can be a sign of a heart attack, especially if accompanied by sudden, severe left arm pain.

When you have chest pain, your first thought may be that you're having a heart attack. Yes, while chest pain is a well-established sign of a heart attack, it can also be caused by many other less serious conditions.

### 2. Shortness of Breath

Feeling short of breath after exercising or exerting yourself is normal and should be temporary. Chronic and frequent shortness of breath could be a sign of something more serious.

Shortness of breath is the discomfort you feel when you inhale, and it doesn't feel like a complete breath. It can develop gradually or suddenly. If you suddenly find yourself short of breath for no apparent reason you need immediate medical attention. Acute shortness of breath could be a sign of many conditions, ranging from COVID-19 to asthma, a clot in your lung, a collapse lungs, pneumonia, heart dysfunction, or an allergic reaction. Shortness of breath that's more long-lasting can be caused by chronic or other conditions. Either way, difficulty breathing is a medical symptom you should never ignore. Contact your doctor or seek emergency care.

### 3. Blood in the stool, urine, vomit or non-menstrual bleeding.

There are many reasons that blood can appear in urine and stools: disease, trauma, infection, tumors and anatomic abnormalities. Under normal circumstances, there should be no blood present in either system, so even the

presence of a small amount can be indicative of abnormal processes occurring. Vomiting of blood is known as hematemesis and fresh blood coming with stools is called hematochezia. On the other hand, the passage of black tarry stools is called Melena. Bleeding in postmenopausal women or constant bleeding in women of childbearing age always warrants further investigation.

### 4. Abdominal Pain

Abdominal pain can be crampy, achy, dull, intermittent, or sharp. It's also called a stomachache. The space between the ribs and hip region is full of vital organs. Therefore, severe abdominal pain could be associated with the appendix, the gallbladder, the liver, or the pancreas. When something goes wrong with these organs, life-threatening conditions can ensue. See your doctor if you have severe or persistent abdominal pain, which can indicate serious health problems, such as appendicitis, intestinal blockage, gallstones, and a host of other conditions.

### 5. Headaches

Most of us get headaches now and then, which go away either on their own after rest or after taking an over-the-counter medication. But some headaches warrant prompt medical attention. Don't ignore headaches that have become more frequent or severe than normal, don't get better with medication and interfere with work, sleep or other daily activities. These should be evaluated by your doctor.

### 6. Consistent Cough

If you've had persistent cough with a constant cough you may be worried about what your cough might mean. A cough can be triggered by one, a few, or a combination of reasons. A constant cough is one that interferes with your day-to-day routine or keeps you from getting a proper night's rest. The cause of a persistent cough can range from colds to allergies to more serious conditions and complications. If you have a persistent cough, it is important to make an appointment to speak with your doctor to help identify the cause of your cough and receive the appropriate treatment. The earlier a cause is identified, the sooner your symptoms may be relieved, and you will be able to have an effective treatment for the underlying condition.

# 10 Health Symptoms You Shouldn't Ignore

## 7. Painful Intercourse

While pain during intercourse could just be related to dryness or an allergic reaction, there are some more serious culprits, like: endometriosis, urinary tract infections, vaginal yeast infections, sexually transmitted diseases, or even vaginismus, a severe tightening of the vaginal muscles during penetration. If you feel pain at the entrance of the vagina or a deeper pain during penetration, it's a heads up that something isn't right. Pain during sexual intercourse isn't a problem limited to women, as many men have pain during sex as well.

## 8. Fatigue

Many of us are busy and stressed, and may be exhausted due to everyday life concerns. But if you have persistent fatigue that seems different from normal tiredness and doesn't get better even when you get enough sleep at night, this is a warning sign that you need to discuss with your doctor. Fatigue can be a signal for many serious problems, including anemia, diabetes, depression, sleep apnea, chronic fatigue syndrome, kidney disease, heart disease, cancer and others. Your doctor can help determine why you are feeling this way and what can be done to help you feel better.

## 9. Back Pain

Back pain is one of the most common reasons people go to the doctor or miss work. Back pain is a common condition, and its symptoms can vary depending on the cause. The pain may be described as dull, sharp, throbbing, stabbing, aching, or searing. It can be constant or it may come and go or worsen with exercise or prolonged sitting. You should see your doctor if the pain persists for more than a few days or is worsening and also if the pain wakes you up at night.

## 10. High or Persistent Fever

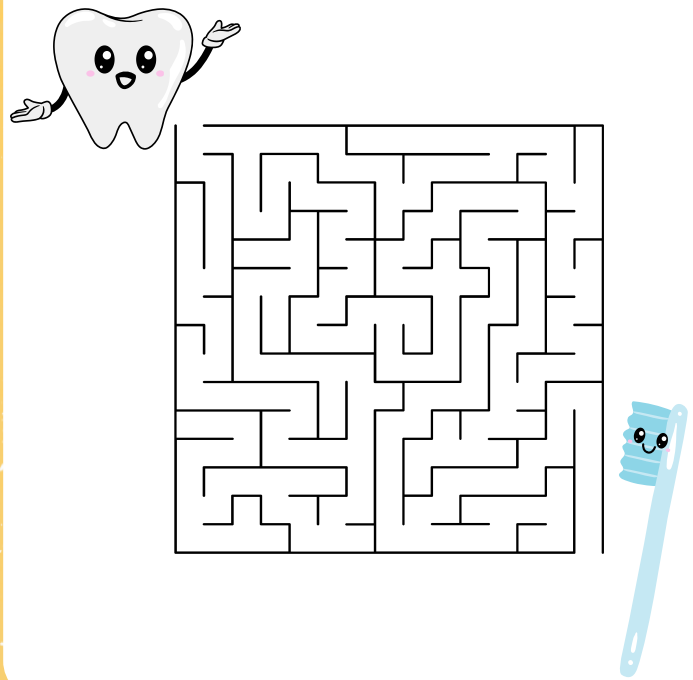
Most of us get fevers from time to time, as our bodies fight infection. However, if you have an exceptionally high fever (103 degrees Fahrenheit or more) or a fever that persists for at least three days, see your doctor.

A fever is normally a rise in temperature that helps your body get rid of illness. A fever begins when your immune system makes more white blood cells to fight an infection. The increase in white blood cells triggers your brain to heat your body up.

This causes a fever. In response, your body tries to cool itself off by tightening up on blood flow to your skin and contracting muscles. This makes you shiver and may cause muscle aches. A fever that persistent may be serious even if it is only a slight fever. Get medical help if you have any kind of fever for more than three days. Let your doctor know if your symptoms get worse or if you have any new symptoms.

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