

FOR YOUR INFORMATION:

MAIN SERVICE AREAS

Our main service points are:

i.- Accident and Emergency Unit which operates on 24 hours basis

ii.- Anaesthetic Unit with routine

EPIDURAL analgesia for pain-free labour

iii.- Ambulance services

iv- Cancer treatment services using a Linear Accelerator and other equipments

v - Dental and Maxillofacial services

vi.- Dietetic services

vii.- Ear, Nose and Throat (ENT) Speech Therapy and Audiology Treatment Services including cochlea implantation

viii Family Planning and Reproductive Health services

ix .- Family Medicine; GOPD, GPOPD and

VIP/ Private Wing

x. - Haemodialysis services for patients with kidney malfunction

xi. - In-Patients Wards comprising

VIP/Private Wing, Semi-Private &

Open ward

xii.- Intensive Care Unit (ICU) to cater for serious medical and surgical cases

xiii. -In-Vitro Fertilization (IVF) Services

xiv. -Labour Ward/Theatres for deliveries and infant care facilities

xv. - Laboratory services in microbiology/ parasitology, haematology/ blood transfusion/ morbid anatomy/ histopathology, chemical pathology, immunology, etc

xvi. - Medical Physics

xvii - Medicine Department

xviii. - Non-Clinical Services such as Administration, Engineering, Finance, etc

xix. - Nuclear Medicine with fully functional Gamma Camera

xx. - Nursing Services

xxi. - Obstetrics and Gynaecology where endoscopic surgery is performed

xxii. - Ophthalmology

xxiii - Oncology and Radiotherapy

xxiv.- Paediatrics and neonatal care services for sick children

xxv. – Pain Management & Palliative Care

xxvi - Pharmacy

xxvii - Physiotherapy services

xxviii- Psychiatry services

xxix- Radio-Diagnostic services using ultra-modern X-ray machines such as mammography, 16 -Slices CT-Scan, Magnetic Resonance Imaging (MRI),etc.

xxx.- Surgery: General, Orthopaedic, Neurosurgery and Spine where a full range of minor and major operations including endoscopic, knee and hip replacement procedures are performed

xxxi - Urology services including Trans-urethral prostatectomy .

- Gastro-Oesophageal Reflux study
- Gastric Emptying
- GER and Gastric Emptying
- Hepatobiliary Scan
- Meckel study
- Salivary Gland study

TUMOUR IMAGING

- Gallium Scan
- 1-131 MIBG Scan
- Parathyroid Scan
- Scintimammography

THE NUCLEAR MEDICINE

The Nuclear Medicine Department offers the following medical investigations:

CARDIOVASCULAR SYSTEM

- Gated Stress Myocardium Perfusion study
- Venography
- Lymphangiography
- Stress MUGA
- Resting MUGA

GASTROINTESTINAL TRACT

- Blood Pool study for GI Bleeding

BRAIN

- HMPAO Brain SPECT
- Radionuclide Cisternography for CSF Leak
- SPECT for Brain Tumour recurrence
- MIBI Brain SPECT
- ECD Brain

SKELETAL SYSTEM

- Bone Scan
- SPECT Bone Scan
- Bone Marrow Imaging
- Infection Imaging

- P-32 Therapy for Bone Metastasis
- Strontium Therapy for Bone Metastasis

RESPIRATORY SYSTEM

- Lung Ventilation and Perfusion
- Lung Ventilation
- Lung Perfusion

THYROID IMAGING

- 99MTC Thyroid scan
- 1-131 Uptake and scan
- 1-131 Whole Body scan
- 1-131 Therapy for Thyrotoxicosis
- High dose 1-131 Therapy for Thyroid Cancer

GENITOURINARY SYSTEM

- ❖ DTPA Scan and GFR
- ❖ Captopril DTPA study for screening of Renal Hypertension
- ❖ DMSA Scan
- ❖ Renal Transplant Evaluation
- ❖ Testicular Scan

INFECTION IMAGING

- ❖ Leucocyte Scan for infection

SERVICOM WORK ETHICS

- Proper dressing and appearing responsible
- No loitering in the corridors
- Keep offices and toilets clean
- No closing before time
- Be guided by the concept of quality service delivery
- Always be on your seat
- Response to request from clients must be processed within (15) working days by schedule officers, or acknowledgements sent within 48 hours if the matter is complex
- All matters pertaining to ad-hoc and special assignments should be handled within the specified period
- Attend to customers/clients politely and specify time targets for attending to them
- Reasons for delays should be explained politely.

DRESS CODE (SERVICOM)

The following are the modes of dressing for men and women Public Servants:-

FOR MEN

- Complete agbada with cap.
- Kaftan with cap
- Complete Suit
- Long sleeve shirt and trouser with tie
- Long sleeve shirt and trouser with tie (with or without coat)
- French suit

FOR WOMEN

- Skirt suit
- Complete suit (with ladies tie or without)
- Buba and Iro
- Wrapper and Blouse
- Trouser and shirt or trouser and blouse(not jeans)
- 'Agbada' (free wear)
- Long Skirt and Blouse

Dress decently to project and maintain your personality!

Dress moderately to protect your dignity!!

Dress responsibly to promote the public Service!!!

AN EXCLUSIVE INTERVIEW WITH THE HOD-PHYSIOTHERAPY

Can we meet you ma?

I am Mrs. Oladunni Arinola Ladipo, an Assistant Director and Head of Department of Physiotherapy. I worked with University of Lagos Teaching Hospital before being employed to the services of the National Hospital Abuja in 1999. A 1984 graduate of the University of Lagos and married with children.

What prompt you to go into the practice of Physiotherapy?

In the pursuit of my academic career I choose it as one will choose any course of his or her interest, and most importantly to alleviate the sufferings of individuals who find themselves in a condition that warrants cure and rehabilitation.

What does it take to become a physiotherapist?

At the entry point one will have to get five credits including English Language, Mathematics and other science orientated subjects. Physics, chemistry and biology as composite subjects. After graduation you will have one year internship in an accredited hospital and have the mandatory NYSC, then practice commences.

What are the major challenges of the profession?

Physiotherapy being what it is, many people are not educated about its scope including those in the medical field.

Patients are referred lately to the physiotherapist because of this, much result is not achieved. Early referral of patients will produce a better result. The inferiority complex of some of the physiotherapists makes them not to be bold enough to present themselves physiotherapy involves cure and rehabilitation, aside that they can also work any where even in banks.

Some hospitals go for the inexperienced physiotherapists leaving the experienced ones unemployed while some decide not to employ any at all. And others do not even care to set up such a department in their hospitals. In National Hospital, physiotherapy unit was set up since the inception of the hospital in 1999 and there is still room for expansion. Just as the hospital is being expanded, the trauma centre is reaching completion, the hospital should incorporate physiotherapy unit in the expansion and upgrade agenda.

Team work in the management of patients is also lacking; where physiotherapist will have diverse medical views of managing patients ailments.

What words of encouragement would you give to prospective students of Physiotherapy

The students need to acquaint themselves very well with the department and be ready to pass their exams as well as having enough exposure through hard work.

What special services are rendered by this unit in NHA?

No special services anyway, but every patient is treated as an individual with a follow up consultation. Their telephone numbers are also retained in the unit records for easy reference.

What message do you have for the NHA staff?

All NHA staff should consult the appropriate clinic (staff clinic, GOPD, SOPD or MOPD) before coming to the unit. And when referred, they should be prompt in their appointments because some staff once they come and are being attended to, will not be seen again until after some months or possibly when they start having problems again.

What call do you have for the government?

My call on the government of the Federal Republic of Nigeria is that physiotherapists should be given their rightful place in the medical profession and be encouraged to go for continuous training in order to be abreast

of current practices obtainable globally and apply it in the management of their patients. More hospitals should be built and equipped by government where physiotherapists will be employed to practice their profession.

NHA NEWS

HEALTH MINISTER CHARGES MOTHERS ON HYGIENE

The Minister of Health, Prof. Christian Onyebuchi Chukwu has urged Parents especially Mothers to inculcate the habit of basic hygiene in their children as a means to reduce child mortality. The Minister gave this advice recently at the Inpatient Paediatrics Ward of the National Hospital where he celebrated his 50th Birthday Anniversary.

Professor Chukwu in company of his wife, the Chief Medical Director, (CMD) National Hospital, Abuja CMD University of Abuja, Teaching Hospital and the Commissioner of Health Rivers state, disclosed that the Federal Government has mapped out plans towards preventive Paediatrics nationwide. He also indicated that a study has shown a correlation between babies intelligence and breast feeding for more than a year and hence called on mothers to breastfeed their babies to ensure good health condition.

The Chief Medical Director National Hospital, Abuja Professor B.B. Shehu expressed delight

over the kind gesture of the Honourable Minister.

MIS DEPARTMENT SENDS CORPER FORTH.

Staff of Management Information Services Department have recently presented a gift to a corp member Onuchie Ogechi L. (Nee Anyanebechi) who served National hospital Abuja, for a period of one year (Batch A 2011/2012 service year) under the Department.

In his remarks during the sendforth ceremony, The HOD Management Information Services Department, Dr.Tayo Haastrup, expressed satisfaction over the humility and diligence exhibited by the corp member during her service year. The HOD then wished her success in all her endeavours.

Well wishers in the department described Ogechi as gentle, religious and somebody who accepts correction. She was then advised to keep it up and work on her weak points in order to achieve excellence in life. The “corper” was also encouraged to start up a business while awaiting a job to avoid staying idle and to ensure self reliance.

SSAUTHRAI HOLDS SECTORAL COUNCIL MEETING AT NATIONAL HOSPITAL, ABUJA

The National body of the Senior Staff Association of Universities, Teaching/Specialist Hospitals, Research Institutes and Associated Institutions (SSAUTHRAI) recently held its Sectoral Council Meeting at the National Hospital, Abuja.

In its communique SSAUTHRAI has among other things noted some challenges encountered by the Nigerian workers and retirees through the introduction of new taxes and the current pension scheme respectively. The body then called on the Federal Government to make some allowances enjoyed by workers tax free. They also urged PENCOM to decentralize their verification processes and ensure prompt payment of retirement benefits to deserving retirees.

MEDICAL AND HEALTH WORKERS UNION OF NIGERIA (MHWUN) NATIONAL HOSPITAL ABUJA BRANCH COMMISSIONS ITS BRANCH SECRETARIAT.

The National Hospital Abuja Branch of the Medical and Health Workers Union of Nigeria commissioned her secretariat on Wednesday 2nd May, 2012.

The branch Chairman, Comrade Samuel Ogaji in his maiden address commended the entire

members of the union for their support which resulted in the achievements recorded, particularly on the establishment of its secretariat. The union has existed for the past twelve years but no regime recorded outstanding achievement like the current executive.

Speaking at the occasion, the FCT Council Chairman, Comrade (Chief) Thomas Awok expressed satisfaction with the giant stride and described the achievement as laudable. He challenged the state council for its inability to build a secretariat but still advised the EXCO, to ask the hospital management for a portion of land where a more permanent structure could be erected. He also called on the members not to relent in standing firmly behind the EXCO as this will bring more development to the NHA branch, state council and the national body in general.

In his remarks, the National President Comrade (Dr) Ayuba P. Wabba mni, who spoke on behalf of the Secretary General Comrade (Pastor) Marcus I. Omokhuale appreciated the work of the EXCO Members. He said the Secretariat will go along way in giving the union a formidable identity.

Responding on behalf of the Management of the National Hospital, the principal Information Officer Mrs. Rabiah M.B. Labaran, thanked the executive members for such meritorious achievements and urged the union members

to continue in their good spirit by always giving their executive members maximum cooperation for a better result.

A minute silence was also observed in honour of one of the branch members who passed on to the great beyond on the 17th of April, 2012 in person of Comrade Onyekachi Enweoru.

NATIONAL HOSPITAL, ABUJA CONCLUDES 2011 PROMOTION EXERCISE

National Hospital, Abuja has concluded the 2011 promotion exercise. The Head, Human Resources Alh. S. U. Gyaranya disclosed this recently during an interview with our correspondent. Alh Gyaranya further stated that the exercise which commenced in 2011 was done in phases to ensure that all deserving categories of staff were covered and this explains Management's commitment to strict adherence to due process in all its administrative processes.

"THISDAY" BOMB BLAST: FCT MINISTER TO MAKE DEPOSIT PAYMENT FOR VICTIMS AT NATIONAL HOSPITAL

The FCT Minister, Senator Bala Mohammed has pledged to make payment of initial deposit for the treatment of victims of the Bomb blast which rocked the building of Thisday Newspaper at Abuja The Minister made the pledge recently when he visited the victims at

the National Hospital, Abuja. Senator Bala Mohammed, flanked by the Permanent Secretary FCT, Secretary Health and Chairman Bwari Area Council, expressed sincere sympathy to the victims of the blast. The entourage prayed for the victims' speedy recovery.

NHA CONDUCTS INJECTION SAFETY TRAINING FOR MEDICAL STAFF

National Hospital, Abuja in collaboration with International Non-Governmental Organizations, organized injection safety training for different categories of Medical staff in the Hospital. The training which was on-going was aimed at sensitizing participants on techniques to be applied in the prevention and control of possible infections to which the Health care provider, the patient and the Community are susceptible.

Some of the issues highlighted in the training manual include tips on general hygiene, safe injection techniques, safe waste disposal and behavior change / communication.

According to a survey by the World Health Organisations (WHO), an estimated 16 billion injections are administered annually in developing countries; the vast majority (90 – 95%) of these injections are given for therapeutic purposes. Also, approximately 5% of HIV, cases 40% of Hepatitis C virus and 32% of Hepatitis B virus infections are caused

by unsafe and unnecessary injections administered worldwide. This clearly suggests timeliness and relevance of the training.

HEAD TRAUMA UNIT ORGANISES A SENSITIZATION LECTURE FOR STAFF

The emergency unit of National Hospital, Abuja under the supervision of Dr.O. O. Olaomi (HOD/Surgery) has organized a sensitization lecture on trauma and information Management.

The lecture which was the first of its kind for selected categories of staff of the hospital was well attended by information officers, Record officers, Nurses, Security Personnel and a Pharmacist, highlighted some protocols to be observed during disasters.

In his presentation, Dr. O. O. Olaomi urged the participants not to disclose restricted information and to ensure that all inquiries from media and clients are directed to the Management or to the designated person(s).

He further advised that all hands must be on deck to create an enabling environment for proper treatment of patients in emergency situations by not attracting aimless crowd at the site.

In his remarks, the HOD/MIS Dr.Tayo Haastrup Ph.D expressed satisfaction and commended Dr. Olaomi for the insightful and timely presentation.

NATIONAL HOSPITAL ABUJA ORGANISES AN INDUCTION COURSE FOR NEWLY EMPLOYED STAFF.

The Management of National Hospital, Abuja recently organized a 2 day intensive induction course for its newly employed staff.

Speaking at the occasion, the Chief Medical Director, Prof. B.B. Shehu who was represented by the Chairman of the Medical Advisory Committee, Dr. Obasi Ekunmakama welcomed the new staff and told them to count their success as being on merit and therefore, should be ready and always willing to work hard. He told them that the essence of the induction course was to expose them to civil service rules and regulations which will further guide their practices as public servants. He also emphasized on the need to learn about servicom as it entails good service delivery, professionalism, courtesy, timeliness and general staff conduct while at work.

In his remarks, the Director of Administration, J. Odiba, who was represented by the Deputy Director/Human Resource Management, Mallam S.U. Gyaranya, informed the participants that the induction course was to impact the knowledge of civil service rules to them.

In her welcome address, the Deputy CMAC Dr. O.O. Olatunji on behalf of the CMAC welcomed the participants. She called on them to multiply their talents so as to get the best

out of them. She ended with a call for a harmonious relationship between the nurses and the doctors.

Assistant Director/Nursing Alh. Umar Aliyu services while commenting, called on the newly employed staff to be harmonious in their conduct and be guided by the rules.

The Assistant Director/Legal Barrister Chris Mamman, urged the staff to always be mindful of the ethics of their various professions and to acquaint themselves with the current changes and trends in information technology relevant to their professional practices.

The participants were given lectures on different fields of study to acquaint them on how the civil service works.

In attendance at the opening ceremony also were DD/Pharmacy Alh. A.I. Msheliza, DD/PR&D Mr. Charles I. Ogbeide, AD/Audit Alh. Mohammad Mammada, HoD/Chemical pathology Dr. J.A.F. Momoh, AD/HR Mr. Peter Egwakhide, and HoD/MIS Dr. Tayo Haastrup amongst other staff members.

ARTICLES/WRITE UPS

DON'T FORGET YOUR TOOTHBRUSH...IT MAY BE A LIFESAVER

Going to the dentist is a chore, if we want to keep our oral hygiene and relationships. But there may be more broad-ranging benefits of visiting the dentist.

Regular check up, Clean teeth, healthy mouth could increase lifespan and lead to early diagnosis, treatment and prevention of a range hidden / underlying diseases; from anaemia to heart problems.

Experts are increasingly discovering links between gum disease which affects half the population and dozens of other illnesses.

Brushing teeth twice a day with fluoride toothpaste, and restricting intake of sugary foods and drinks to mealtimes can boost overall health

Studies also show that treating it can lead to improvement in many of the conditions.

The British Dental Association's scientific adviser, Professor Damien Walmsley, says: 'The good news is that most cases of gum disease are treatable and, more importantly, preventable.'

Here, we outline the ways in which good oral hygiene i.e brushing the teeth twice a day with fluoride toothpaste, restricting intake of sugary foods and drinks at mealtimes, stopping

smoking and visiting the dentist once every two years (or more often if you have problems) can boost overall your health.

HEART DISEASE AND STROKE

Gum disease usually begins with build-up of plaque; a sticky coating made up of food and bacteria that can lead to irritation of the gums, bleeding and gingivitis.

Research at New York State University showed that treating periodontal disease (swollen gums) with scaling, aid root planning with antibiotic gel significantly lowered the levels of C-reactive protein and fibrinogen, which are associated with a higher risk of heart disease.

In a second study at Sydney Dental Hospital, dentists removed teeth from about 70 patients with advanced forms of gum disease and found a big drop in the levels of the same compounds associated with heart disease risk.

One theory is that periodontal bacteria get into the bloodstream and travels to major organs to begin new infections. It has also been suggested that the bacteria causing gum disease could increase the rate at which arteries become blocked.

There may be a similar risk with stroke. Research based on 9,000 adults tracked for 15 years found that women with antibodies to *P. gingivalis*, (the organism most associated with periodontal disease), were twice as likely to have a stroke.

HIGH BLOOD PRESSURE

A report from cardiologists at the University of Athens says there is a link between chronic periodontitis and increases in blood-pressure levels and hypertension (high blood pressure).

LUNG DISEASE

Links have been found between oral health and chronic obstructive pulmonary diseases, (COPD); a respiratory condition whose main cause is cigarette-smoking.

According to the American Academy of Periodontology, oral and other bacteria can get into the lungs to cause frequent bouts of infection in patients with COPD.

DIABETES

There are two-way effects - with diabetes increasing the risk of periodontitis, and periodontal inflammation worsening blood-sugar control

Gum-disease rates have been found to be threefold higher in people with diabetes.

A study by the U.S. National Institute of Diabetes and Kidney Disease found a link between severity of periodontal disease and mortality in diabetes patients.

Researchers at Newcastle University say there is evidence of a two-way effect, with diabetes increasing the risk for periodontitis, and periodontal inflammation worsening blood-sugar control.

PREMATURE BIRTH

Researchers have found higher rates of premature babies among women with periodontal disease.

Research at the University of Alabama is showing that gum infections trigger an increase in the levels of prostaglandin and other compounds that induce labour.

The researchers were able to reduce premature births by up to 84 per cent in women who received scaling and root planning when they were less than 35 weeks pregnant.

OSTEOPOROSIS

In periodontitis, there is a loss of bone into which the teeth are rooted, and this, as well as loss of the soft-tissue attachment to the tooth, is a major cause of tooth loss in adults.

It has been suggested that in some patients gum disease could be an early indicator of the bone-thinning condition osteoporosis.

EARLY DEATH

Those with severe gum disease were twice as likely to die, of any cause, before the age of 64 than those with no disease, according to a study based on a nationally representative U.S. sample of 11,000 people aged over 30.

Culled from:

<http://www.dailymail.co.uk/health/directory/index.html>

HEALTH BENEFITS OF GINGER

GINGER is an aromatic, pungent and spicy root vegetable. Ginger adds a special flavor and zest to stir fries and many fruit and vegetable dishes. Ginger's benefits as a healing food are well known in Asia where it is frequently called "the universal medicine."

Ginger is regarded as an excellent "carminative" (a substance which promotes the elimination of intestinal gas) and "intestinal spasmolytic" (a substance which relaxes and soothes the intestinal tract).

Ginger's effectiveness as a buffer for stomach acid is due largely to its active phytonutrient ingredients: "gingerols" and "shogaols" which are responsible for ginger's distinctive flavor. Ginger's anti-vomiting/acid action has been shown to be very useful in reducing the nausea (due to the body's need for alkalinity in the form of sodium bicarbonate) and vomiting of pregnancy also the result of excess acids and the need for base. Japanese researchers believe the gingerols may be responsible for blocking the body's reflex to vomit. Dr. Robert O. Young's research indicates that ginger buffers excess acid and thus blocks vomiting. Ginger's phytonutrients help to neutralize stomach acids, enhance the secretion of alkaline juices (stimulating the appetite), and tone the muscles of the digestive tract.

Both gingerols and shogaols have been shown to fight cancer as well. Scientific research has been shown that gingerols have

antibacterial properties to inhibit the growth of “helicobacter pylori,” involved in the development of gastric and colon cancer and suppress the growth of human colorectal carcinomas. Lab experiments presented by Dr. Rebecca Lui (and colleagues from the University of Michigan) at the 97th Annual Meeting of the American Association for Cancer showed that gingerols kill ovarian cancer cells by inducing apoptosis (programmed cell death) and phagocytosis (self-digestion).

In a 2007 study published in the Journal of Agricultural and Food Chemistry, Dr. Chung-Yi Chen (and colleagues in the American Chemical Society) presented compelling evidence that ginger’s shogaols effectively induce apoptosis in cancer cells. A Rutgers University study later that same year supported the cancer-fighting properties of both shogaols and gingerols. Denmark researchers have discovered that ginger can block the effects of prostaglandins, which are substances that cause inflammation of the blood vessels in the brain and lead to migraines. When you feel a migraine coming on, take 1/3 teaspoon of fresh or powdered ginger to help stop the headache before it starts. In Chinese medicine, ginger tea with brown sugar is used in the treatment of menstrual cramps, while adding ginger to honey can wipe out food poisoning in a hurry. But that’s not all! Studies have shown that

ginger contains anti-inflammatory properties that work much like the more common non-steroidal anti-inflammatory drugs (NSAIDs). Ginger actually inhibits the action of several of the genes involved in the inflammation process, namely cytokines and chemokines.

We love to blend up a couple of fresh ginger roots along with fresh lime or lemon juice, garlic, and ice for a nutritionally potent (and tasty) breakfast smoothie. When buying ginger, fresh is best. Be sure to avoid ginger with dry, wrinkled, skin, mold or soft spots. Grating, blending, or using a garlic press will give you the maximum benefit.

Culled from:

<http://articlesofhealth.blogspot.com/>

TIPS FOR HEALTHY LIVING

Do you want to live a peaceful and healthy life? Then read this. Health is a very precious asset for every human being. We particularly pay too much attention to physical health because it is more visible. But physical well being is totally dependent on two other factors; which are the mental and spiritual well being. Mental and spiritual conditions of a person determine his/her physical health and well being which themselves depend on individual personality trait and natural disposition. All these are what make up the total wellbeing of a person. This is the reason why we must look into those personality traits that make or

mar a person's total wellbeing. Religious scholars, and behavioural authors like Sidi Mujitaba musawilari and Dale Carnegie respectively have come out with findings on attitudes that destroy an individual's physical, mental and spiritual wellbeing which often times are neglected. Self assessment of oneself on these negative behavioural patterns and making efforts to work on these ATTITUDES, will not only reduce the need for you to see the doctor for medication but also ensure a healthy and symbiotic interpersonal relationship at home, in the business arena and the working place. To experience absolute Joy, Peace and Love is the key to a healthy body, looking good is good business but it is not good enough to look good with a deadly heart and body. You need an overall goodness of both body and soul to be truly called good looking. What eats you will have a greater effect on your health than what you eat or wear. Since no one is perfect you can cross check which one or more of these apply to you and begin to work on it/them so as to have a healthy relationship, body and soul.

ATTITUDES THAT TRIGGER SICKNESS

- Evil Thoughts/Suspicion
- Lying
- Gossip and Rumour Mongering
- Spying
- Envy
- Pride /superiority complex
- Cheating

- Bitterness, malice, hatred
- Anger / unforgiveness
- Sabotage
- Exploitation
- Selfishness
- Greed.

These negative human dispositions are found to block success, God's blessings and also induce various forms of life threatening illnesses such as arthritis, rheumatism, depression, high blood pressure, ulcer, diabetes, heart attack and even stroke SO BEWARE OF THEM AND STAY HEALTHY ALWAYS.

By: Rabiah MB Labaran
Information Services Department

QUOTES AND WISE SAYINGS

1. "Early to bed and early to rise, makes a man healthy wealthy and wise" **-Benjamin Franklin**
2. "Physical fitness is not only one of the most important keys to a healthy body; it is the basis for dynamic and creative intellectual activity. **-John F. Kennedy**
3. "The greatest wealth is Health." **-Unknown**
4. "Let food be thy medicine and medicine be thy food" **Hippocrates**

5. “Just because you’re not sick doesn’t mean you’re healthy” -
Author Unknown

CONDOLENCE MESSAGE

With deep sense of loss, the Management of National Hospital, Abuja announces the death of a member of staff, Mr. Enweoru Onyekachi Innocent of Nursing Services Department, who died on 17th April, 2012 after a brief illness.

Until his demise, Late Mr Enweoru Onyekachi Innocent was a Senior Hospital Assistant attached to the Nursing Services Department, (Duty post Microbiology Department).

He hailed from Abia State of Nigeria.

Aged 42, Late Mr Enweoru Onyekachi Innocent is survived by a wife and other relations.

The Management of National Hospital Abuja sincerely commiserates with the hospital community and relations of the deceased. May God Almighty grant us the fortitude to bear this irreparable loss.

For all your enquiries, Please reach us on:

0809 -752 - 0012}- ----- Communication (Direct line to the Hospital)

0807 -226 - 1913}------ Ambulance

0703 -492 - 8531} “

0803 -787 - 9543-----HOD Mgt. Inform Services)/Servicom Nodal Officer

Website: www.nationalhospitalabuja.net

E-mail: Info@nationalhospitalabuja.net