

THE *Medifem/Insider*

A TALE OF TWO QUARTERS



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A Message from the New Medical Director

Dear Valued Staff and Community Members,

As I embark on my new role as Medical Director of [Hospital Name], I am filled with a profound sense of gratitude and excitement. I am deeply honored to have been entrusted with this responsibility and eager to contribute to the continued success of this esteemed institution.

Medifem has a long and illustrious history of providing exceptional healthcare to our community. The hospital's unwavering commitment to patient care, its dedication to innovation, and its compassionate approach to medicine have earned it a reputation as a trusted, cherished and respected provider. I am incredibly proud to be part of this legacy.

As we look towards the future, I am committed to upholding the high standards that have made Medifem, a beacon of excellence in healthcare. I believe that by working together, we can further enhance our services, expand our reach, and make a positive impact on the lives of even more individuals in our community.

My vision for Medifem is to create a healthcare environment where patients feel valued, respected, and empowered to take charge of their health. I believe that by fostering a culture of collaboration, innovation, and continuous improvement, we can achieve our north star.

In the coming months, I will be working closely with our dedicated team of physicians, nurses, specialists and administrative staff to develop a strategic plan that will guide our future endeavors.



I am confident that together, we will make significant strides in advancing the quality of care we provide to our patients. I believe that open communication and a shared vision are essential for achieving our collective goals.

I am excited to embark on this new chapter with all of you. Thank you for your unwavering dedication to Medifem and your commitment to providing exceptional healthcare to our community.

Sincerely,
Dr. Frank Odame

CEO's Message

As we reflect on the past year at Medifem, I am filled with gratitude for the unwavering commitment and dedication that defines our remarkable team. In the face of unprecedented challenges, our collective resilience has not only sustained us but has also positioned Medifem as a beacon of healthcare excellence.

In the ever-evolving landscape of healthcare, our unwavering commitment to providing exceptional patient care remains our driving force. Medifem's core values of compassion, integrity, and innovation continue to guide our every endeavor, ensuring that we meet the diverse needs of our cherished patients with the highest standard of quality care.

This year has been transformative, marked by significant strides in medical advancements and a steadfast commitment to embracing emerging technologies.

Our state-of-the-art facilities, coupled with a team of dedicated healthcare professionals, enable us to offer a comprehensive range of services, from routine check-ups to complex medical interventions.

As we look ahead, the challenges and opportunities in the healthcare sector are vast. Medifem is poised to navigate these with a spirit of adaptability and a commitment to staying at the forefront of medical excellence.

Our ongoing investments in training, technology, and infrastructure underscore our dedication to maintaining the highest standards in patient care.

I would like to express my deepest gratitude to each member of the Medifem family—our healthcare providers, administrative staff, and external partners. Your passion, resilience, and commitment to our mission have been the driving force behind our success.

To our patients, thank you for entrusting us with your health. Your confidence motivates us to continually strive for excellence and reinforces our commitment to providing compassionate, personalized, and accessible healthcare.

In hindsight, we have been able to achieve quite a lot this year.

- The near completion of the Medifem expansion project (The administration has moved to the top most floor of the Kevin Banful Block.



- The implementation of the new hospital management system.
- The introduction of new services and machinery (From January 2023, we would start our own radiology department.
- The introduction of our occupational health and safety wing.

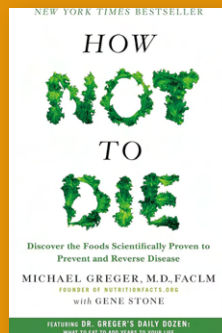
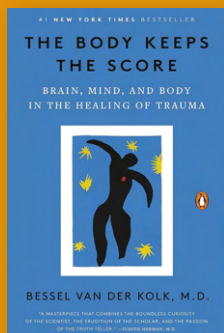
In closing, I am immensely proud of what we have achieved together at Medifem. As we embark on the coming year, let us remain steadfast in our pursuit of excellence, fueled by a shared commitment to advancing healthcare and improving lives.

Wishing you and your loved ones a healthy and prosperous year ahead.

Dr. Richard Banful
M.B.C.H.F.C.O.G. (S.A) F.G.C.S., F.R.C. O.G.
(London) F.W.A.C.S
Chief Executive Officer

Entertainment

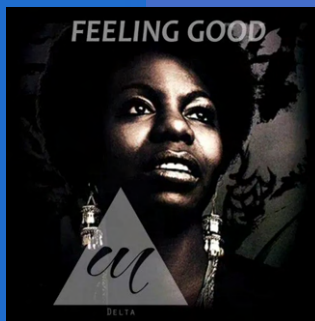
HEALTH BOOKS



PODCASTS



MUSIC



HEALTH MOVIES





A Comprehensive Guide on Breast-feeding

By Dr Oyeronke Suliat Oyawoye

...continued from the previous bulletin.

PUMPING BREAST MILK

You might desire to express your breast milk if for some reason you are going to be away from your baby when it's time to feed. Breast milk can be collected from your breasts using a breast pump, stored and fed to the baby later. Other reasons you might choose to pump include having a low supply of milk and help your body make more milk, you want your partner to be able to feed baby sometimes, or you prefer to bottle feed but want your baby to get the benefits of breast milk.

A breast pump is a device that can be used to pump breast milk. There are different types of pumps, the most common are the manual pumps which don't require any batteries and electricity. There are electric pumps which tend to pump breasts faster and they may be single or double pumps that can pump one or two breasts respectively.

HOW TO USE THE BREAST PUMP

It is important to read the breast pump instructions before pumping and maintain a high level of cleanliness when pumping. You should;

- Wash your hands with soap and water thoroughly before pumping. You don't need to wash your breast or nipple.
- Make sure the pump pieces and the containers for storing milk are clean and preferably sterilised.
- Make sure the cone shaped pieces that fit over the breasts are the right size.

Your nipple shouldn't rub against the tunnel part of the piece.

Before your breast pump can collect breast milk, your breast needs to "let down" the milk. Let down is when the milk flows from the milk glands into the milk ducts. This usually happens after you start pumping but if it doesn't, you can try the following;

- Gently massage your breast before you pump
- Put a warm wet cloth on your breast before you pump
- Pump in a quiet and dark room
- Look at picture of your baby when you start pumping

HOW TO STORE EXPRESSED BREAST MILK

Breast milk can be stored depending on where you are storing it. It can be stored for;

- Up to 4 hours at room temperature
- Up to 3 days in the refrigerator
- Up to 9 months in the freezer

You can store breast milk in clean glass or BPA free plastic containers. It is advisable to store the breast milk in small amounts so that the baby can finish within a day or feed it. You should write the date and time when breast was pumped on the container, so that you can use the oldest milk first.

HOW TO WARM STORED BREAST MILK

Breast milk should be thawed and warmed slowly. Do not thaw or warm milk in the microwave as it would destroy some of its nutrients, instead put in the fridge overnight to thaw milk and put bottle in warm water to warm milk. Do not submerge the whole container under water. The use of baby milk warmer is also acceptable. Do not refreeze thawed milk and make sure you test the temperature of the milk before you feed your baby. The milk should be a little warm or at room temperature.

PUMPING AT WORK

If possible, it is advisable to start pumping 2-4 weeks before going back to work or school, this will allow you to get used to pumping. You need to talk to your work colleagues as you would need a private place to pump and a fridge to store expressed milk. Pumping at work can also be time consuming and stressful, it might help to talk to friends or co-workers who have done this before. It also helps to remember that you are giving your baby all the health benefits of breast milk even though you can't breastfeed.

COMMON BREASTFEEDING PROBLEMS

Many mothers are able to breastfeed without problems, but sometimes there might be a problem. The most common breastfeeding problems and how to deal with them are discussed below.

ENGORGEMENT

Breast engorgement is when the breasts are full of milk. When the breasts are engorged, the breasts can be painful, and baby can have trouble with the latch on. If your breasts are engorged, they can feel swollen, hard, warm, and painful.

If your baby can latch on, breastfeed to relieve the engorgement. If not, you can express some milk with your hand or breast pump. You can also try the following to reduce pain:

- Use a cold pack or cool cloth on your breast between feedings
- Take a pain-relieving medicine such as paracetamol
- Take a warm shower
- Gently massage your breast to start your milk flow

SORE OR PAINFUL NIPPLES

The most important thing you can do to prevent and deal with nipple pain is to make sure your baby latches on the right way. It is not normal to have nipple pain throughout a feeding session. This can be caused by nipple cracks, blisters or bruises. You can also try the following home remedies:

- If your nipples are cracked or raw, you can rub a small amount of breast milk on them or try lanolin ointment. If you think it is infected, talk to your doctor. Do not use vitamin E or hone on your nipple as it can be dangerous for your baby.
- Hold a cold or warm washcloth on your nipples
- Take a mild painkiller
- Wear breast pads in-between feeds to protect your nipples

BLOCKED MILK DUCTS

A blocked milk duct can cause a red and painful breast lump, you can also cause a white plug at the end of the nipple. Try to breastfeed often, make sure baby latches on properly and empties your breasts during feeding. You can also empty yourself with a pump and try taking a warm shower or gently massaging the breast.

Mastitis

Mastitis is a breast infection that can cause fever as well as a hard, red and swollen area of the breast. It can also present muscle aches and chills. If you have any of these symptoms, call your doctor. You do not need to stop breast-feeding if you have mastitis.

BREASTFEEDING FAQS

Should I offer my baby a pacifier?

For the first few weeks of life, it's generally not advisable to give baby a pacifier, as it might hinder establishing healthy breastfeeding patterns. Once your baby is latching on comfortably and milk supply is good (usually 2-4 weeks of life), you may offer a pacifier for sleep.

Do I need to change my diet during breastfeeding?

You don't need to change your diet to make good breast milk. Try to eat healthy and make sure you get enough nutrient and calories. In special circumstances, you might be put on supplements to boost certain micronutrients in the breastmilk.

It is advisable to store the breast milk in small amounts so that the baby can finish within a day or feed it.

What should I know about medications and breastfeeding?

Most drugs are compatible with breastfeeding however you should check with your doctor before talking any medications, herbs or supplements. You should avoid alcohol, tobacco, marijuana, and other illicit drugs while breastfeed as it may be harmful to your child. Caffeine in the form of coffee and energy drinks should be taken in moderation (below 2-3 cups a day) and should be avoided, if possible, at least before 3 months of life. If your baby seems cranky or has trouble sleeping when you take in caffeine, you can try cutting back and see if it helps.

Will I need to express my milk?

You might choose to pump your breasts for medical reasons, to boost your milk production, or to allow you to continue breastfeeding after returning to work or school. I think this article has been comprehensive and has answered all your questions about breastfeeding.

References:

1. UpToDate Breastfeeding guide (Beyond the Basics). <https://www.uptodate.com/contents/breastfeeding-guide-beyond-the-basics>
2. UpToDate Common Breastfeeding problems (The Basics). [https://www.uptodate.com/contents/common-breastfeeding-problems-the-basics?search=Patient%20education:%20Deciding%20to%20breastfeed%20\(The%20Basics\)&topicRef=15451&source=see_link](https://www.uptodate.com/contents/common-breastfeeding-problems-the-basics?search=Patient%20education:%20Deciding%20to%20breastfeed%20(The%20Basics)&topicRef=15451&source=see_link)
3. UpToDate Pumping Breast Milk (The Basics). [https://www.uptodate.com/contents/pumping-breast-milk-the-basics?search=Patient%20education:%20Deciding%20to%20breastfeed%20\(The%20Basics\)&topicRef=15451&source=see_link](https://www.uptodate.com/contents/pumping-breast-milk-the-basics?search=Patient%20education:%20Deciding%20to%20breastfeed%20(The%20Basics)&topicRef=15451&source=see_link)
4. WHO Factsheet on Breastfeeding. <https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>
5. All pictures are adapted from UpToDate



WELLNESS CHECK

Operating as an occupational health practice, we offer top notch solutions to corporate clients, public sector institutions, state-owned enterprises, small and medium-sized enterprises (SMEs), and individuals. Our team are dedicated to delivering high quality and efficient occupational health services. We aim to assist companies in fostering optimal health and safety conditions, that would aid in their sustained growth.

The well-being and safety of employees are critical in achieving sustained growth & success. Our services include:

EXECUTIVE MEDICALS

- Sick Absence Management
- Pre-Employment Screening
- Oil And Gas/Mining Medicals
- Occupational Health Advisory
- Early Intervention and Rehab
- Work Related Stress Management
- Health Promotion and Wellness
- Research and Audit

SUCCESSFUL COMPLETION OF FIRST FUNCTIONAL ENDOSCOPIC SINUS SURGERY AT MEDIFEM MULTI SPECIALIST HOSPITAL



We are delighted to share a momentous accomplishment that transpired at Medifem Multi Specialist Hospital on November 5, 2023. In collaboration with our consultant ENT surgeon, we had the honor of performing the hospital's inaugural Functional Endoscopic Sinus Surgery (FESS), marking an extraordinary milestone in our institution's medical repertoire.

Functional Endoscopic Sinus Surgery is an advanced and minimally invasive procedure designed to address sinus disorders by utilizing endoscopes and specialized instruments. This sophisticated technique allows for direct visualization of the nasal and sinus passages, leading to precise diagnosis and targeted treatment. It not only enhances patient outcomes but also reduces post-operative discomfort and expedites recovery.

In this particular case, our combined efforts were directed towards a patient with a complex and

uncommon condition: a tooth embedded in her right maxillary sinus. Our surgery was carried out with meticulous precision, ensuring the safe removal of the tooth while preserving the patient's sinus function and overall health.

We are elated to report that the surgery was an unequivocal success and our patient is making a swift recovery. This achievement underscores our hospital's unwavering commitment to remaining at the forefront of medical advancements while ensuring the highest standard of care for our patients.

We would like to extend my heartfelt appreciation to the entire surgical and medical team as well as to the collaborating consultant ENT surgeon for their invaluable support and expertise throughout this endeavor. Our partnership has yielded remarkable results and we eagerly anticipate future opportunities to further elevate our hospital's capabilities.

Your continued support is deeply appreciated.



Embarking on the journey to parenthood is exciting...

Embarking on the journey to parenthood is an exciting and transformative experience. At our Accra Fertility Clinic, we understand that the decision to conceive is filled with hope, joy, and sometimes, uncertainties. As you contemplate this significant milestone in your life, there are several important factors to consider to ensure a smooth and successful path to conception. Our team of compassionate and experienced fertility specialists is here to guide and support you every step of the way. Together, we will explore essential considerations for conception, tailor personalized fertility plans, and empower you with the knowledge and tools to achieve your dream of starting a family. Your journey to parenthood begins with us, and we are honored to be a part of this life-changing adventure.

When thinking about conception and planning to start a family, there are several important factors to consider. Here are some key things to take note of:

- 1. Health and Lifestyle:** Ensure that both partners are in good health. It's essential to maintain a healthy lifestyle, including a balanced diet, regular exercise, and managing any pre-existing medical conditions. Avoid smoking, alcohol, and recreational drugs, as they can negatively impact fertility.
- 2. Preconception Checkup:** Schedule a preconception checkup with a healthcare provider to assess your overall health, screen for any potential health issues, and discuss any medications or vaccinations that may need to be adjusted before conception.
- 3. Fertility Awareness:** Understand your menstrual cycle and identify the fertile window for ovulation. Tracking your menstrual cycle and using ovulation prediction kits can help you determine the best time for conception.
- 4. Nutrition and Supplements:** Ensure you are getting essential nutrients, including folic acid, iron, calcium, and vitamin D. Consider taking prenatal vitamins to support a healthy pregnancy, even before conception.

5. Medical History: Share your medical history with your healthcare provider, including any previous pregnancies, miscarriages, or fertility issues. Discuss any concerns or family history of genetic conditions.

6. Stress Management: Reduce stress as much as possible, as high levels of stress can affect fertility and overall health. Practice relaxation techniques such as meditation, yoga, or mindfulness.

7. Financial Planning: Consider the financial implications of starting a family, including the cost of prenatal care, delivery, and childcare. Evaluate your financial situation and plan for potential expenses.

8. Support System: Have a strong support system in place, including family, friends, or support groups. Emotional support is essential during the conception process and throughout pregnancy.

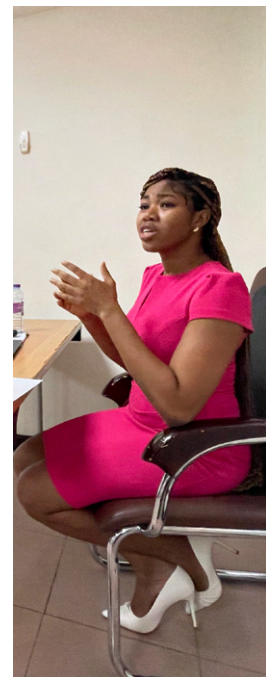
9. Work-Life Balance: Consider how having a child will impact your work-life balance and career goals. Discuss family planning with your employer to understand your options for maternity leave and workplace support.

10. Relationship Communication: Openly communicate with your partner about your desires for starting a family, your expectations, and any concerns you may have. Parenthood requires teamwork and shared responsibilities.

11. Timing: Choose the right time to start a family that aligns with both partners' goals and aspirations. Consider factors such as career stability, housing, and other life plans.

Remember, conception is a unique journey for each couple, and it's essential to approach it with patience, communication, and a positive outlook. If you encounter challenges in conceiving, don't hesitate to seek guidance from our group of fertility specialists to explore available options and support.

MEDIFEM IN 2023







LIST OF SERVICES

- Dental
- Urology
- Pediatrics
- Obstetrics/Gynecology
- Ear,Nose and Throat
- Family Medicine/General Practice
- General Surgery
- Maternity and Fertility
- Wellness
- Plastic and Reconstructive Surgery

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