

UNDER

THE SCOPE

HEALTH CHRONICLES





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Editors Note

"Embracing the journey ahead."

Greetings, dear readers,

With the exhilarating launch of our inaugural edition of Under the Scope Health Chronicles Digital Magazine behind us, I am thrilled to stand at the threshold of a new chapter filled with endless possibilities and boundless potential.

The energy and enthusiasm witnessed during the launch event were truly infectious, igniting a fire within us to push the boundaries of health information dissemination and storytelling to new heights. As your editor, I am excited and raring to go, armed with a steadfast commitment to bring you the very best in health information and stories of the day.

Our journey together is just beginning, and I am honored to have you by our side as we navigate the intricate landscape of health and wellness. Through the pages of our digital magazine, we will embark on a quest to unravel the complexities of modern healthcare, armed with curiosity, empathy, and a relentless pursuit of truth.

Each edition of Under the Scope Health Chronicles will be a testament to our collective dedication to promoting health literacy and empowerment. From insightful articles and expert interviews to engaging features and interactive content, our aim is to inform, inspire, and uplift our readers, one story at a time.

As we venture forth into uncharted territory, I invite you to join us on this exhilarating journey of discovery. Let us embrace the challenges and opportunities that lie ahead with open hearts and curious minds, knowing that together, we have the power to make a difference in the world of healthcare.

Thank you for your unwavering support and enthusiasm. Here's to the exciting adventures that await us in the pages of Under the Scope Health Chronicles Digital Magazine!

With warmest regards,
Shelagh James Editor-in-Chief Under the Scope Health Chronicles



Ms. Shelagh James
Communications Officer

Nevis Health Promotion Unit

April- June Activities

April

- April 5th-TDC Health Fair in collaboration with HPU
- April 7th -World Health Day
- April 10-12th - Student Health Mentorship Project
- April 13th - SKN Moves Nevis Chapter in collaboration with NASC Aquafunathlon (Third Edition)
- April 20th -27th- Vaccination Week in the Americas



May

- Launch of Under the Scope Health Magazine 1st Edition
- 12th May - International Nurses Week
- 12th May -World Hypertension Day Live Cooking Demo (HPU in collaboration with PAHO)
- 22nd May -SKN Moves Nevis Chapter in collaboration with ICDF Health Screening



June

- 1st June- Caribbean Nutrition Day (Cool Down Smoothie Station)
- 9th June- Man Talk Men's Health Fair
- 14th June- World Blood Donor Day



Heat-related Illnesses

Definition:

Conditions resulting from exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake.



Heat Stroke

Unable to control internal temperature

- Warm, dry skin
- High fever ($\geq 40^{\circ}\text{C}$)
- Rapid Heart rate
- Nausea
- Headache
- Seizures, coma, and death are possible

Heat Exhaustion

Body loses excessive amounts of H₂O & Na

- Pale, moist skin
- High fever ($\geq 34^{\circ}\text{C}$)
- Anxiety, and faint feeling
- Headache
- Fatigue
- Weakness
- Nausea

Heat Syncope

- Fainting (short duration)
- Dizziness
- Light-headedness from standing too long or suddenly rising from a sitting or lying position

Heat Cramps

- Muscle cramps
- Muscle pain
- Muscle spasms
- Flushed skin

Heat Rash

- Red clusters of pimples or small blisters
- Usually appears on the neck, upper chest, groin, under the breasts, and in elbow creases

Effective Prevention & Control Measures for Heat-related Illnesses



- Take frequent sips of cool water
- Wear loose-fitting & light-coloured clothing
- Minimise alcohol consumption



- Educate yourself about heat-related conditions
- Seek medical help immediately if feeling unwell after prolonged heat exposure



- Take breaks in cool areas when participating in outdoor activities
- Use portable cooling accessories e.g. fans, wet rags, umbrellas
- Use sunscreen

Information Source :

<https://archealth.com.au/2023/12/27/summer-heat>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/heatrelated-illnesses-heat-cramps-heat-exhaustion-heat-stroke>

UNDER THE SCOPE FEATURE

ISSUE 02

Men's Health



Man Talk
HEALTH FAIR

SAVE THE DATE

"Men Encouraging Men about Health & Wellbeing"

- PANEL DISCUSSION
- MINI HEALTH CAFE
- HEALTH SCREENING
- NUTRITION ADVICE
- PHYSICAL ACTIVITY
- STRESS MANAGEMENT
- MUSIC AND ENTERTAINMENT
- LIGHT REFRESHMENTS
- GAMES
- DOMINO COMPETITION
- PRIZES AND MUCH MORE!

DATE
SUNDAY, 9TH JUNE, 2024
3:00PM - 7:30PM

VENUE: MALCOLM GUSHARD RECREATIONAL PARK



On Sunday, June 9th, 2024, the Health Promotion Unit, in collaboration with Lake Health and Wellbeing, Gender Affairs, and Taiwan ICDF, hosted the inaugural Men's Health Fair dubbed "Man Talk." This much-anticipated event took place at the picturesque Malcolm Guishard Visitors Center.

The afternoon's proceedings were expertly guided by the moderator for the Panel Discussion, Dr. Al Jay Pierre, who kicked off the event with warm welcome remarks. The importance of the event was underscored by the brief, yet impactful remarks delivered by the Minister with responsibility for Health, Hon. Jahnel Nisbett. Minister Nisbett highlighted the critical need for such initiatives to address men's health issues, which are often overlooked or stigmatized.

A particularly poignant moment of the fair was the testimonial given by Mr. Fitzroy Warner. His heartfelt and raw account served as a powerful reminder to all men about the dangers of ignoring health warning signs. Warner's story underscored the event's core message: that early detection and proactive health management are crucial. His narrative vividly illustrated the harsh realities and severe consequences of neglecting one's health.



Mr. Warner and Ms. Nadine Carty
(Coordinator of the Nevis Health Promotion Unit)

The fair also featured a variety of health screenings, educational booths, and interactive sessions aimed at promoting men's health awareness. Attendees had the opportunity to engage with healthcare professionals, receive valuable health advice, and participate in discussions tailored to their specific health concerns.

Overall, the "Man Talk" Men's Health Fair was a resounding success, drawing significant attention to the often-neglected topic of men's health. The collaborative effort of the Health Promotion Unit, Lake Health and Wellbeing, Gender Affairs, and Taiwan ICDF ensured a well-rounded and impactful event. The fair not only provided vital health information but also fostered a sense of community and support among the men who attended.

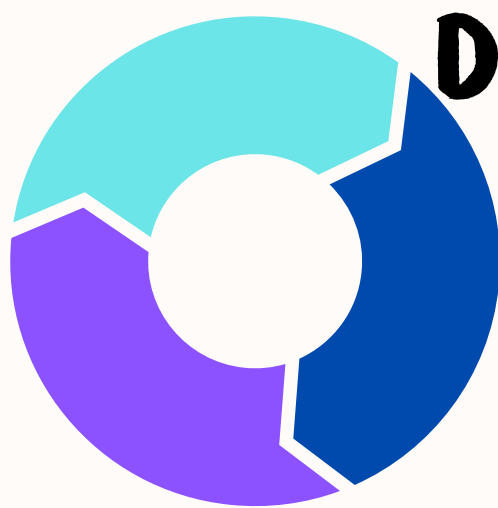


MEN'S HEALTH FAIR PANELISTS AND PARTICIPANTS

This inaugural event has set a strong foundation for future health initiatives aimed at men, promising to build on its success and continue the crucial dialogue about men's health and wellness.



Mrs. Shelisa Martin Clarke (P.S. of Ministry of Health et al) and Ms. Abi Begho (Director of Program Management Lake Health and Well Being)



DATA FOR ACTION CORNER

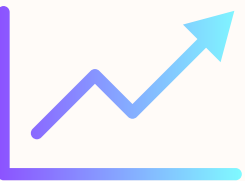
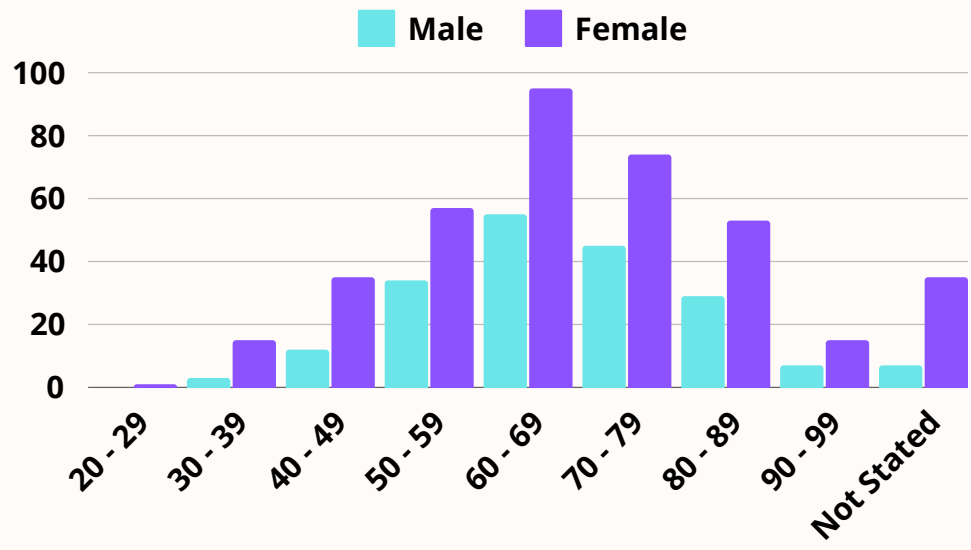
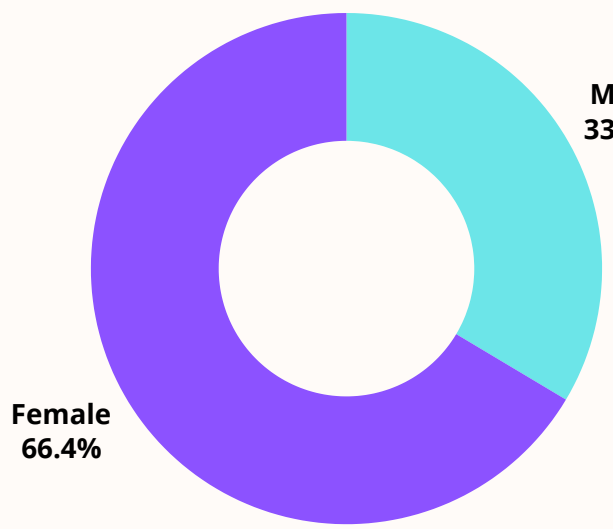
DATA MANAGEMENT TEAM

The objective of the Data Corner is to share quarterly data with the general public. Sharing makes it easier for everyone to understand and trust the data they are using. This means better data quality, decision-making, and context. All of this can lead to more effective decision-making and more collaboration.

This edition of Data Corner explores Hypertension and Communicable Diseases.

The table below give a comparative look at the cases of Hypertension 2019-2023. The figures highlight Age Range and Gender of Registered Hypertension Clients in Nevis 2023.

HYPERTENSION CASES OVER A FIVE YEAR PERIOD				
2019	2020	2021	2022	2023
510	504	504	541	572



This is a quarterly snapshot of communicable diseases reported in Nevis, as well as disease trends and local health alerts.

Event- Based Surveillance

Event- Based Surveillance is based upon the reporting of unusual public health events directly to the Health Promotion Unit. This includes reports of unusual illness, unexpected outcomes and clusters of disease by Healthcare providers.



Reported Communicable Diseases April- June 2024

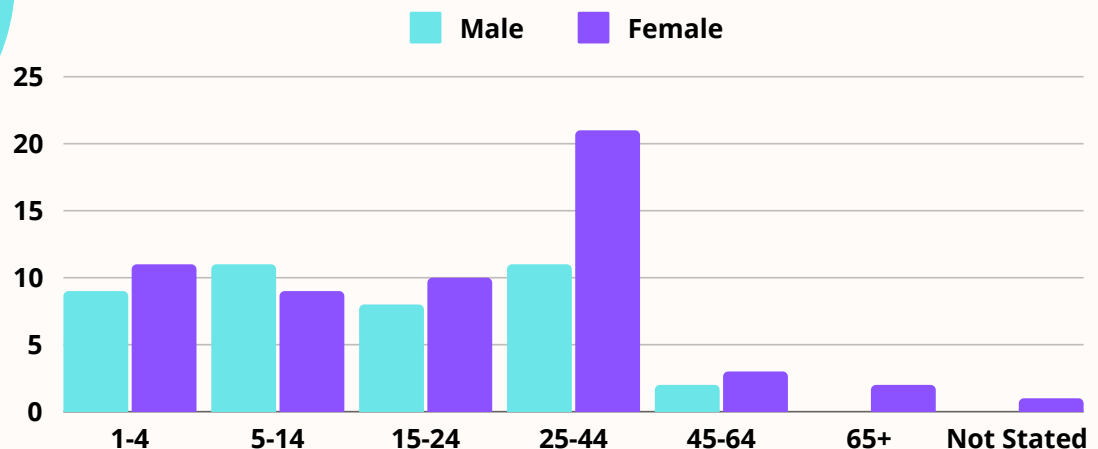
Syndrome	2023	2024
Bacterial Conjunctivitis	16	1
Fever & Respiratory Symptoms (ARI)	10	15
Chicken Pox	0	0
Ciguatera Poisoning	5	11
COVID-19	4	1
Dengue Fever	0	15
Diarrhea	29	10
Foodborne Illness	1	1
Gastroenteritis	100	98
Influenza	0	0

Breakdown of Gastroenteritis Cases April- June 2024

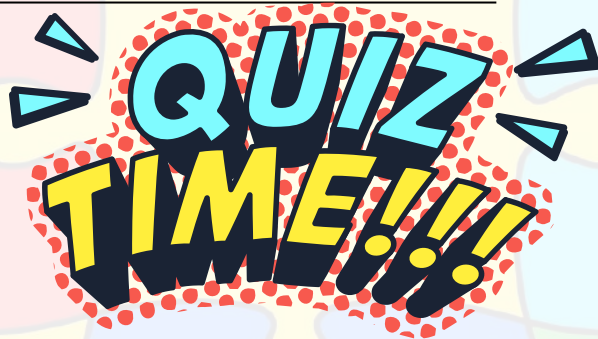


Male
41.8%

Female
58.2%

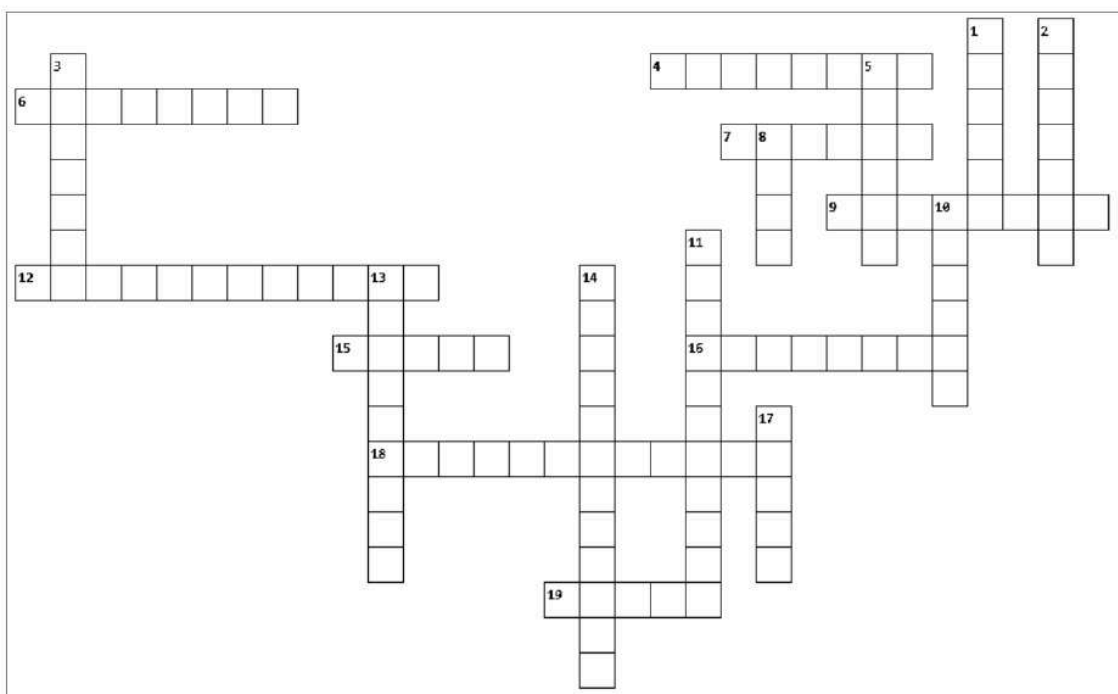


Healthy Portion Tips and Quiz



DR. HADASSAH WILLET-SARGEANT
MBBs, Bsc Biology

CROSS WORD PUZZLE



Fact or Fiction?

You cannot swim just after eating.

I can give a 3 month old porridge because it's not a solid.

Chocolate is good for your heart.

Black people don't need to wear sunscreen.

Diets are ineffective in the long term.

ACROSS

4. Pap Smear is a screening exam recommended for females aiming to identify which cancer?

6. If dental plaque is not removed it will harden and become.

7. What is the hardest substance in our body?

9. Which NCD develops because the pancreas either is not producing insulin at all or not producing enough insulin.

12. What is the name of the process by which a woman's uterine lining is shed along with the unfertilized egg.

15. Diabetes mellitus is commonly referred to as

16. Which STD can lead to irreversible brain damage if left untreated for several years?

18. Name the male sex hormone:

19. Which major organ does Hepatitis impact?

DOWN

1. Today's common table salt ordinarily contains what additive?

2. What is the smallest bone in the human body?

3. This type of Sugar is found in milk is called?

5. Is a problem of not having red blood cells or hemoglobin to carry oxygen to the body's tissues.

8. The chemical compound known as salt is made from which elements.

10. Which cancer is most prevalent in the Federation.

11. is a type of malnutrition characterized by severe protein deficiency.

13. What is the name of the process by which an egg is released from the ovary during the menstrual cycle.

14. What is the most common NCD in the Federation

17. is the longest bone in the human body.

Hypertension * Cervical Syphilis * Staples * Iodine * Ovulation * Breast * Anemia * Kwashiorkor

Lactose * Femur * Enamel * Calculus * Diabetes * Liver * Sugar * Testosterone * Menstruation * NaCl

1. **Fiction**, but it can be very uncomfortable.

2. **Fiction**, anything that's not breast milk or formula is considered a "solid" and is not recommended for a baby until around 6 months of age.

3. **Fact**, but it must be dark chocolate.

4. **Fiction**, Sun damage, including sunburn happens no matter what color the skin.

5. **Fact**, They may provide short-term results, but as soon as the diet ends and you start eating normally, you will gain the weight back.

BALANCED AND NOURISHED

Healthy Recipes



Ms. Oceana O'loughlin
Health Educator

Infused Water Recipes



Michael Henville
Executive Chef

Healthy Snack Recipes

Mango, Apple, Ginger and Cinnamon Infused Water

Ingredients

- 1/2 an apple, sliced
- 1 cup of mango, sliced
- 1-inch piece fresh ginger, sliced
- 1 Cinnamon Stick

Directions

- Wash fruits and ginger well.
- Chop and slice ingredients as necessary, and add into a small jug or jar. Muddle ingredients and fill jar or jug with ice-water.

WARM SALMON SALAD

Instructions

- 1 Cook the fish fillet to your liking.
- 2 Holding back the avocado, combine all ingredients in a saute pan and cook over a medium heat for 3 to 5 minutes.
- 3 Season with ground black pepper, and other spices if you like, such as cumin, thyme, curry powder, finely chopped onion or finely chopped garlic.
- 4 Place all ingredients from the pan into a bowl and top with your fish and avocado.

INGREDIENTS

- | | |
|------------------------|-----------------------|
| 1 salmon fillet | cooked to your liking |
| 1 tbsp basil | chopped |
| 2oz cherry tomato | halved |
| 1/2 avocado | diced |
| 1/4 red bell pepper | diced |
| 1/4 yellow bell pepper | diced |
| 1 lime | juiced |
| 1/4 small red onion | small diced |
| 4oz chickpeas | |

Enjoy!

ENJOY! ENJOY! ENJOY! ENJOY! ENJOY!

Watermelon, Lemon, Mint Infused Water

Ingredients

- 1 Small cup of Watermelon Pieces
- 1 Large Lemon (Sliced)
- Handful of Fresh Mint

Directions

- To a pitcher, add 1 small cup watermelon (sliced), 1 large lemon (sliced), and a handful of fresh mint. Muddle ingredients and fill pitcher with ice-water.

Veggie Tacos

Ingredients:

- 2 Corn Tortillas - toasted
- 2 oz Mushrooms - sliced
- 4 tbsp Black Beans - fresh or low sodium option from can
- 1 tsp - Hummus
- 2 oz Lettuce - shredded
- 2 oz Tomato - diced
- 1 tbsp Cilantro - chopped fine
- 1 tbsp Red onion - fine diced
- 2 oz Avocado - diced
- 1 tsp Sour Cream - optional

Directions:

- Toast your corn tortillas and set aside.
- In a saute pan on medium heat, heat 1 tbsp. of olive oil and cook your mushrooms and red onions for 2 to 4 minutes and set aside.
- Build your taco by spreading the hummus on the tortilla then filling it with all ingredients available to your liking.

Enjoy!

Check out the [Nevis HPU Facebook Page](#) for these recipes and more.



THE DARK, GREEN AND LEAFY LIFESTYLE!

Dark Green, Leafy Vegetables are a good source of fiber, folate and carotenoids. These vegetables also contains vitamins C and K and the minerals iron and calcium.

Here are some health benefits. Let's check them out.

01. To boost our body's immune system

They are rich in vitamins A and C and help build the immune system. They not only protect from colds and coughs but also from chronic diseases. The anti-microbial and antioxidant properties help remove toxins from the body and help purify the blood as well as the liver and kidney.

02. Help maintain a healthy weight

One of the most appealing benefits of dark green leafy vegetables is their low calorie and carbohydrate contents and their low glycemic index. These features make them an ideal food to facilitate achieving and maintaining a healthy body weight

03. Improve digestion

Leafy green vegetables are packed with essential nutrients your body needs including fiber, which promotes healthy gut bacteria aids digestion, regulates blood sugar, and can reduce inflammation and bloating.

WHICH IS YOUR FAVOURITE DARK GREEN AND LEAFY VEGETABLE?

- KALE
- SPINACH
- CUCUMBER
- LETTUCE
- COLLARD GREENS
- BROCCOLLI
- BOK-CHOY
- CABBAGE
- OKRA

“Let food be thy medicine and medicine be thy food.”

Your Daily Dose of Fitness

With Michelle Sutton



Exercise is an important part of a healthy lifestyle. Exercise prevents health problems, builds strength, boosts energy, and can help you reduce stress. It can also help you maintain a healthy body weight, curb your appetite, and improve your mental well-being.



CREATE YOUR FITNESS STORY PLAN

EXERCISING IS PERSONAL. ONE STYLE OR WAY DOESN'T FIT ALL!



It is recommended that adults exercise for 150 minutes at moderate intensity in at least 3 days a week. So find out what works for you

WHO	WHAT	WHERE	WHEN	HOW
<p>Clearly identify all aspects of yourself that you need to take into consideration that could impact your commitment to exercising regularly.</p> <p>Such age, current health status, current fitness level/commitment, occupation and working schedule, parenthood, etc.</p> <p>By identifying these areas of your life, would guide the types of exercise that would fit into your life with little hindrance.</p>	<p>Establish specific goals and expectations you want to achieve for your fitness .</p> <p>What type of exercises (cardio, strength training and flexibility). Measurable- Note what your starting level of fitness. Selected exercises should be considered somewhat hard (breathing heavily and heart rate is elevated)</p>	<p>Clearly identify where are places you can exercise that fits your commitments.</p> <p>Indoors or Outdoors At home, in a community group and/or gym.</p> <p>Variety is key to not getting bored.</p>	<p>Write down your weekly schedule and plan when and how long you will exercise for.</p> <p>It is perfectly fine to do 15 minutes sessions twice a day, if you cannot commit to 30 minutes at a time</p> <p>Remember to select specific days you will exercise, but be flexible with yourself as well.</p>	<p>Taking all the information from the other areas, create your fitness story plan. h</p> <p>I am a 35 year old with 3 children and have no health conditions. I work full-time with various shifts. I do not exercise regularly.</p> <p>I work shift and parenting duties cause my schedule to be in filled and it is difficult find time for 30-45 minutes, 3 times a week. I like a variety of exercises. So I am committing to doing 15-20 minutes YouTube fitness video in the morning and evening time on Monday, Wednesday and Sunday.</p>



FIVE KEYS TO SAFER FOOD



USE SAFE WATER AND RAW MATERIALS

- Use safer water or treat it to make it safe.
- Select fresh and wholesome foods.
- Wash fruits and vegetables, especially if eaten raw.
- Choose foods processed for safety, such as pasteurized milk.



COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling to make sure that they have reached 70 °C (158 °F).
- Reheat cooked food thoroughly.



KEEP CLEAN

- Wash your hands before handling food and often during food preparation.
- Wash your hands after going to the toilet.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect food from insects and other animals.



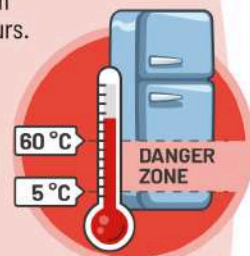
SEPARATE RAW AND COOKED

- Use separate equipment and utensils such as knives and cutting boards to handling meat, poultry, seafood, and other raw foods.
- Store raw and prepared foods in separate containers.



KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate promptly all cooked and perishable food (preferably below 5 °C [41 °F]).
- Keep cooked food very hot (more than 60 °C [140 °F]).
- Do not thaw frozen food at room temperature.



PAHO



PANAFTOSA
Pan American Center for Foot-and-Mouth
Disease and Veterinary Public Health

NEWS

For more information or to support the program, contact Dr. Ray Hubbe at rayhubbe@gmail.com or visit <https://www.visionforall2020.org>.

IN

BRIEF

In November 2023, 29 Nevisians received free cataract surgery at the Nevis Eye Clinic, thanks to generous community contributions totaling USD \$50,026.49. Dr. Ray Hubbe, leading the clinic with his wife Ginger Burn, highlighted the pressing need for these surgeries, with over 150 patients on the waiting list. The surgeries were made possible by acquiring a state-of-the-art cataract removal device, enhancing the Nevis Eye Care Program's capabilities.



Members of the Eye Clinic Team

Looking ahead, the program aims to purchase a YAG Laser machine to address secondary cataracts and glaucoma cases, requiring an additional \$25,000 USD in funding.

Dr. Hubbe emphasized the prevalence of eye issues on Nevis, including glaucoma and diabetic eye disease, necessitating regular screenings and treatments provided by the Nevis Eye Care Program.

EYE CLINIC

BLOOD DONOR MONTH

The Nevis Laboratory in Charlestown, Nevis, needs two things in support of World Blood Donor Day: Blood Drive Hosts and Blood Donors.



Alexandra Hospital Lab Team

More blood donors are needed in our community. Those who are feeling healthy and well should check The Alexandra Hospital on Government Road in Charlestown, Nevis, for an available appointment. The donation process is rigorous but relatively pain-free, quick, and easy. All blood received is screened rigorously to rule out STDs such as HIV and Hepatitis B&C.

On World Blood Donor Day, June 14th and 15th, we recognized and celebrated the generosity of blood donors who saved lives in our community. To date, we have 50 blood donors on Nevis, out of a possible population of 14,000. This puts an enormous strain on our current donors. Additionally, World Blood Donor Day raises awareness about the need for blood donations. God, forbid we experience a catastrophic incident, and our blood supply runs low

Churches, businesses, and community groups can contact the blood center lab to host a blood drive in their communities. Hosting a blood drive is free and can impact the lives of many. Those interested can contact the Hospital Lab service for further information and advice on how to get started.

World Blood Donor Day was established in 2005 by the WHO and is celebrated worldwide on June 14th, the birthday of Karl Landsteiner, who discovered blood groups and co-discovered the Rh factor.

The 2024 theme for National Blood Donor Month was "Celebrating Diversity, Inclusivity, and Equity in Blood Donation." This theme is particularly appropriate for this year's observance as it is the first National Blood Donor Month since the updated FDA blood donor screening recommendations on January 17, 2024

A safe and robust blood supply is a core component of our local healthcare system. When our neighbors need surgery, give birth, receive treatment for cancer, or manage chronic conditions such as sickle cell disease, blood must be available.

WORLD HYPERTENSION DAY COOKING DEMO

On Friday, May 17th, 2024, the Ministry of Health St. Kitts and Nevis, in collaboration with the Pan American Health Organization (PAHO), celebrated World Hypertension Day with a live cooking demonstration at the Malcolm Guishard Visitors Center in Nevis. The event featured renowned Chef Michael Henville and aimed to promote heart-healthy cooking practices.

Key speakers included Dr. Andy Vishwanath Partapsingh, Acting PAHO/WHO Representative for Barbados and the Eastern Caribbean, Mr. Curtis Martin, Acting Permanent Secretary of the Ministry of Health St. Kitts, and Ms. Shelisa Martin-Clarke, Permanent Secretary in the Ministry of Health Nevis. The demonstration was moderated by Dr. Hadassah Willett-Sargeant and Mrs. Latoya Mathew Duncan, with coordination by Ms. Nadine Carty of the Health Promotion Unit Nevis.

This initiative underscored the commitment to health education and community engagement, providing practical tips to manage hypertension through diet. The event highlighted the collaboration between local health authorities and international health organizations to foster a healthier community.



P.S. Curtis Martin of Ministry of Health (St.Kitts), P.S. Shelisa Martin Clarke of (Nevis), Staff of The Nevis and St.Kitts Health Promotion Unit, Chef Michael Henville and PAHO Representatives



Ms. Anneke Wilson
PAHO Country Programme Specialist
for St.Kitts and Nevis



Mrs. Latoya Duncan Mathew (Nutrition Surveillance
Coordinator) and Chef Michael Henville

YOUTH MENTORSHIP PROJECT

One of the highlights of the camp was the visit to the Medical University of The Americas, where participants had the opportunity to tour the facilities, interact with medical students, and learn about various healthcare professions. The visit provided valuable insights into the academic and clinical aspects of medical education, inspiring participants to pursue careers in healthcare.

The Youth Health Mentorship Project was a one-week project hosted by the Health Promotion Unit designed to empower young individuals to explore careers in the health field.

The participants had the privilege of engaging with mentors from various health specialties, including medicine, nursing, veterinary medicine, medical technology, pharmacy, culinary arts, and Mental health, just to name a few. Mentors shared their experiences, expertise, and advice, guiding participants in exploring different career paths and providing valuable insights into their respective fields.



On the last day of the project, participants took part in a screening day where they were the ones screening the community. Screening tests included measurements of blood pressure, blood glucose levels, body mass index (BMI), and urine analysis. Trained Healthcare professionals provided feedback and recommendations based on the screening results, empowering participants to take proactive steps towards improving their health and well-being.



Participants and Facilitators

Through hands-on demonstrations and interactive sessions, participants gained practical knowledge and confidence in performing these critical tasks, empowering them to respond effectively in emergency situations and promote preventive care. Participants received training in essential healthcare skills, including basic life support (BLS) which was expertly guided by members of the Nevis Red Cross Society.



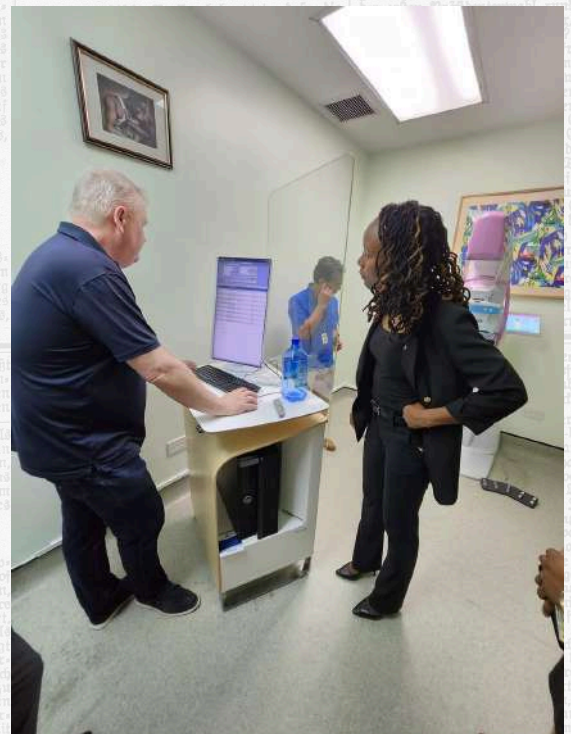
The Youth Health Mentorship Project provided young individuals with valuable knowledge and skills by offering educational opportunities, mentorship initiatives, and hands-on training experiences. At the end of the project many participants expressed a newfound passion and interest in pursuing careers in healthcare and as such it was deemed a resounding success.

UNVEILING OF MAMMOGRAPHY UNIT

The Nevis Island Administration has taken a commendable step towards enhancing women's healthcare by providing 399 women with free mammograms at Alexandra Hospital, a service valued at EC\$79,800. This initiative ensures that critical health screenings are accessible to all women, addressing the pressing concern of breast cancer detection.

This effort underscores the administration's commitment to promoting women's health and ensuring that financial constraints do not prevent any woman from receiving potentially life-saving screenings. By investing in advanced technology and offering subsidized fees for mammograms, effective January 1st, 2024, at EC\$200.00, the administration demonstrates its dedication to equitable healthcare access for all women.

This initiative reflects a strong dedication to equity and inclusivity in healthcare, effectively removing barriers to access and promoting the early detection of breast cancer. As the Nevis Island Administration continues to improve healthcare access, it sets a powerful example for communities globally. By working together, we can create a healthier, more equitable future for all.



To book a mammogram appointment, women must first schedule an appointment with their healthcare provider, who will make the appropriate referral if necessary.

COMMISSIONING OF GROW BOX

The Behavioural Health and Wellness Center (BHWC) under the auspices of the Ministry of Health, Gender Affairs and Social Empowerment hosted a ceremony to commission new grow boxes on its grounds. This initiative, a joint venture with the Ministry of Agriculture, was hosted by Director of Agriculture Mr. Randy Elliot, who expressed his delight in contributing to the project. BHWC Supervisor Mr. McMillan Cuffy praised the significant contributions to this groundbreaking project, highlighting its vast mental health benefits.

Permanent Secretary in the Ministry of Health et al, Ms. Shelisa Martin-Clarke, highlighted that the event represents a significant stride in the government's commitment to holistic therapy. Activities such as planting and harvesting are expected to promote responsibility, cognitive function, and overall well-being.



The Minister of Agriculture et al, Hon. Eric Evelyn, celebrating Agriculture Awareness Month, extended his best wishes for the project's success, recognizing its importance in fostering wellness.



IN GOOD HEALTH

WITH DR. DWAYNE THWAITES

Primary Health Care continues in its endeavor to meet the health needs of people in their environment. It focuses on disease prevention and control and advocates the continuity of improved health and well-being.

Men's Health- Erectile Dysfunction(ED)

Dr. Thwaites, a highly experienced Urologist based in Antigua, has been making significant strides in community health through his dedicated service. Since 2008, Dr. Thwaites and his associates have been conducting free annual prostate screenings in the federation of St. Kitts and Nevis.

This initiative not only underscores his commitment to early detection and prevention but also highlights his unwavering dedication to improving the health and well-being of men in the region. Through these screenings, countless individuals have received vital care and guidance, reinforcing the importance of regular health check-ups and fostering a healthier community.

According to Dr. Thwaites, a urologist clinician in Antigua, the incidence of ED in the Caribbean is even higher due to the high rates of hypertension, diabetes, and alcohol use. Internationally, about 50% of men aged 40-70 experience some form of ED, and this rate is slightly higher in the Caribbean.



Dr. Dwayne Thwaites
Urologist

Erectile dysfunction is defined as the persistent inability to achieve or maintain penile erection sufficient for satisfactory sexual performance.

Erectile Dysfunction can be a sign of a physical or psychological condition. It can cause stress, relationship strain, and low self-confidence. The main symptom is a man's inability to get or keep an erection firm enough for sexual intercourse.

Patients suffering from erectile dysfunction should first be evaluated for any underlying physical and psychological conditions.

Erectile dysfunction is a common issue, with varying degrees of prevalence across different demographics. Overall, about 77.1% of men experience some form of ED, with a breakdown as follows:

- Black men: 76.4%
- Mixed race men: 77.7%

Significantly associated diseases include hypertension, diabetes, gastrointestinal disorders, and heart disease. A study found that ED is a prevalent issue among black men, with 24% reporting being only "sometimes" or "never" able to get and keep a satisfactory erection. This compares to 22% of white men and 20% of Hispanic men.

SYMPTOMS

- Usually, self-diagnosable

The main symptom is a man's inability to get or keep an erection firm enough for sexual intercourse.

People may experience:

- Sexual dysfunction or reduced sex drive
- soft erections, trouble getting an erection, trouble maintaining an erection, or anxiety

Treatment varies

Patients suffering from erectile dysfunction should first be evaluated for any underlying physical and psychological conditions. If treatment of the underlying conditions doesn't help, medications and assistive devices, such as pumps, can be prescribed.

Medications

- Vasodilator and Hormone
- Self-care
- Quitting smoking and Physical exercise

Conclusion

Erectile dysfunction is a widespread issue that impacts men's health significantly. Understanding the symptoms, underlying causes, and treatment options is crucial for managing this condition. Regular check-ups, a healthy lifestyle, and appropriate medical interventions can help alleviate the symptoms of ED and improve overall quality of life.

ST.KITTS AND NEVIS IMMUNIZATION SCHEDULE

AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0-4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose - Polio Vaccine (IPV) 1st Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose - Polio Vaccine (bOPV) 2nd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose - Polio Vaccine (IPV) 3rd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
1 Year	1st Dose - Measles, Mumps, and Rubella(MMR)
1 Year and 6 Months	1st Dose Booster - DPT and Polio Vaccine 2nd Dose- Measles, Mumps, Rubella (MMR)
4 ½- 5 Years	2nd Dose Booster - DPT and Polio Vaccine
Grade 6 Children	1st Dose - Gardasil (HPV Vaccine)
15- 17 Years School Leavers	Booster- DT Booster- Polio Vaccine(bOPV)
12- 17 Years	Covid- 19 Vaccine

VACCINES SAVES LIVES!

“VACCINATE YOUR FAMILY, PROTECT YOUR COMMUNITY.”





VACCINATE YOUR CHILDREN AGAINST MEASLES VACCINES SAVE LIVES

MEASLES CAN CAUSE:

- PNEUMONIA
- PERMANENT BRAIN DAMAGE
- DEAFNESS
- PREMATURE BIRTH
- BABIES WITH LOW BIRTHWEIGHT
- DEATH



MEASLES SYMPTOMS:

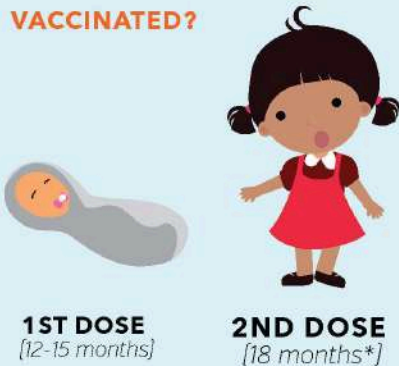
- HIGH FEVER
- RUNNY NOSE
- COUGH
- RED EYES
- RASH OR SPOTS ON SKIN

Symptoms usually appear 7-14 days after being infected

IT'S SPREAD WHEN AN INFECTED PERSON BREATHES, COUGHS, OR SNEEZES

THE VIRUS STAYS IN THE AIR AND ON SURFACES FOR 2 HOURS. A PERSON INFECTED WITH MEASLES CAN SPREAD IT FROM 4 DAYS BEFORE TO 4 DAYS AFTER THE RASH APPEARS.

WHEN SHOULD CHILDREN BE VACCINATED?



1ST DOSE
[12-15 months]

2ND DOSE
[18 months*]

**Or 4-6 years according to the national scheme*

THE ONLY WAY TO PREVENT MEASLES IS WITH VACCINATION.

THE VACCINE IS SAFE AND EFFECTIVE.



PROTECT YOURSELF AND YOUR LOVED ONES. PREVENT MEASLES. #GETVAX BECAUSE #VACCINESWORK

PAHO



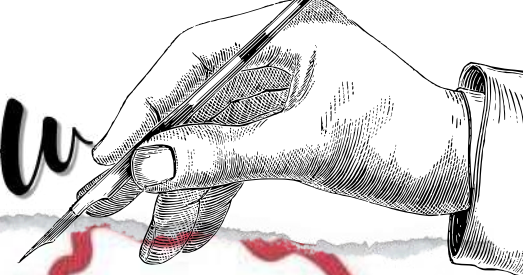
Pan American Health Organization



World Health Organization
ORGANIZACIÓN MUNDIAL DE LA SALUD

paho.org/measles

In the know



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TAIWAN



WHAT'S HAPPENING IN HEALTH?



Nevis Health Center Services

Antenatal Clinic - twice per month - may be 3 depending on how the month falls. (Pregnant women get assessed throughout pregnancy. Motherhood expectations education is also given.)

Infant Clinic - twice per month
Babies are assessed for growth and development. Immunization given. Education sessions for parents.

Toddlers Clinic - quarterly
Toddlers are assessed for growth and development. Immunization given. Education sessions for parents.

Pap Smear and Family Planning - once a week - each health center has a different day each week. Pap Smears are performed. Birth control administration. Education sessions on family planning.

Diabetic and Hypertensive Clinic - once per month
Diabetics and hypertensives are educated, and vitals taken and recorded.

Doctor's Clinic - once a week
District Doctor is available for free visits at each health centre once a week. Days vary for each health center.

Men's Wellness Clinic - once a month
Education sessions on various health topics for men. Vitals checked and assessed.

Minor Treatments
Walk-in services, inclusive of but not limited to, various NCD screenings, dressings and other health concerns.

HIV Rapid Testing
Appointments preferred. HIV rapid testing is done at **Charlestown and Combermere Health Centers only**

COVID-19 Vaccination
Monday to Friday at all Health Centers - walk in and appointments welcomed.

***There are 6 health centres on island, all of which are opened from 8 am to 4 pm Monday to Friday of each week. All health center are closed on weekends and holidays.

NEVIS Health Promotion Unit
Ministry of Health, Nevis

For Health Screenings

Contact The Nevis Health Promotion Unit at
469-8010

SERVICES AVAILABLE:

- BLOOD PRESSURE CHECKS
- BLOOD SUGAR CHECKS
- BMI
- URINE TEST
- HIV RAPID TESTING
- COUNSELLING

Welcome to our Dispensary

HOW TO USE THE DISPENSARY

Step 1
DO YOU HAVE A PRESCRIPTION?

PRESCRIPTION

- Medications are not sold over the counter
- A prescription signed by a registered physician must be presented

Step 2
IS IT FROM A GOVT. BASED HEALTH INSTITUTION?

HEALTH INSTITUTIONS
Govt.-based Health Institutions:

- Alexandra Hospital and Eye Clinic
- Health Centres and Dental Clinics
- Behavioural Health and Wellness Centre

Step 3
IS THE INSTITUTION'S STAMP ON YOUR PRESCRIPTION?

STAMP

- Prescriptions must bear the institution's stamp
- Prescriptions from a private physician's office/clinic will be referred to private pharmacies

FEES APPLY!

CONTACT US

alexandra.pharmacy@niagovkn.com | 1-869-469-5473/4/5 ext. 1112

THE ALEXANDRA HOSPITAL

Your Health Is Our Priority

Alexandra Hospital Outpatient Clinics

- ✓ Spaces are limited.
- ✓ All patients must be referred by a physician.

Appointments can be made calling the Outpatient Department
(Monday to Friday between 8:00am to 3:00pm.)

DOCTOR'S SCHEDULE		
PEDIATRIC	Internal Medicine (New Patients)	ORTHOPEDIC
Mondays 10 AM	Tuesdays 10 AM	Wednesdays 11 AM
Internal Medicine (Follow up Patients)	OBSTETRICS & GYNECOLOGY	
Thursdays 10 AM	Fridays 10 AM	

Contact Us 469-5473/4/5 ext. 1112

OUTSTANDING HOSPITAL BILLS

Persons are asked to settle their outstanding bills at Alexandra Hospital by contacting the collection unit or paying directly at the Outpatient Department cashier.

Payment plans are available, and online payments can be made through the QR code which can be accessed by visiting the website nia.gov.kn or the [Nevis HPU Facebook page](#).



COLLECTION UNIT NUMBER 469-5521
EXT 5201 OR 668-0402

Management seeks your support in enhancing access to better healthcare.

PAYMENT LINK: [HTTPS://QUICKCLICK.COM/R/CC71Y](https://quickclick.com/r/cc71y)

Job Vacancies

EXPLORE EXCITING OPPORTUNITIES IN HEALTHCARE!

Are you passionate about making a difference in people's lives?
If so, consider joining our team in one of the following areas:

- **Nurse (Public Health & Hospital)** - Are you passionate about taking care of the needs of people? If so, consider joining our team!
- **Dietitian** - Are you passionate about promoting health through proper nutrition? Consider a rewarding career as a Dietitian!
- **Environmental Health Officer (Health Inspectors)** - Are you passionate about maintaining a healthy environment for everyone? Consider a fulfilling career as an Environmental Health Officer!
- **Physical Therapist** - Are you passionate about helping people regain their physical independence? Consider a rewarding career as a Physical Therapist!
- **Orderly** - Are you interested in a role that contributes to the smooth functioning of healthcare facilities? Consider becoming an Orderly!
- **Emergency Medical Technician** - Are you ready for a dynamic career where every second counts? Become an Emergency Medical Technician (EMT)!
- **Food Service Director** - Are you passionate about creating delightful dining experiences? Consider a leadership role as a Food Service Director!
- **Counselor** - Are you passionate about helping others navigate life's challenges? Consider a fulfilling career as a Counselor!

Applicants must forward their Letters of Interest; Curriculum Vitae; Certificates of Qualifications; and a completed Employment Application Form (forms can be requested via email) to:

EMAIL: **Mrs. Shelisa Martin-Clarke** at min.health@niagovkn.com
MAILING ADDRESS: **Mrs. Shelisa Martin-Clarke, Permanent Secretary, Ministry of Health, Gender Affairs & Social Empowerment, Nevis Island Administration, Administration Building, Charlestown**

Our Mission Statement

The Nevis Health Promotion Unit is a support service in the Ministry of Health. Its primary function is to promote healthy living, wellness and lifestyles that would enhance health and well-being of the population.

It provides educational support to all health and medical programme activities, including assessing communities for health education activities, planning, implementing and evaluating interventions, together with acting as resource persons for health and communicating health education needs, concerns, and resources.

The Unit also collects, collates, analyse and disseminate all health data.



Nevis Health Promotion Unit
Promote. Prevent. Protect.
Ministry of Health
&
Gender Affairs



GIVE YOUR FEEDBACK .

What do you think
of our First
Edition of

UNDER THE SCOPE ?

Contact us at
The Nevis Health Promotion Unit
by calling 469-8010



or Scan
this QR Code



To give your feedback.

CONTACT DIRECTORY

- EMERGENCY SERVICE/ AMBULANCE - 469-3333
- FIRE AND RESCUE - 469-3444
- ALEXANDRA HOSPITAL - 469-5473/469-5474
- ALEXANDRA HOSPITAL LABORATORY -
- CHARLESTOWN POLICE STATION - 469-3444
- DISASTER MANAGEMENT - 469-1423

- MINISTRY OF HEALTH - 469-5521/ EXT 6491
- HEALTH PROMOTION UNIT - 469-8010

- ENVIRONMENTAL HEALTH UNIT - 469-5521 EXT 6630/EXT6631
- GINGERLAND DENTAL HEALTH UNIT - 663-6834
- CHARLESTOWN DENTAL HEALTH UNIT-660-6383 /EXT6211

- CHARLESTOWN HEALTH CENTRE - 660-6383
- BROWN HILL HEALTH CENTRE - 661-7653
- GINGERLAND HEALTH CENTRE - 661-9123
- BUTLERS HEALTH CENTRE - 469-8254
- COMBERMERE HEALTH CENTRE - 661-2835
- COTTON GROUND HEALTH CENTRE - 661-5183
- BEHAVIOURAL HEALTH AND WELLNESS CENTRE - 469-5521 EXT 6818/469-5614

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