

INSIDE AMSA

January Edition

KNOW YOUR
EXECUTIVES

NONPAREIL
SET OF 2023

The latest Nigerian
Medical Doctors

AMSA
LATEST

THE TENURE OF
GREATNESS

RIDDLES, JOKES AND
LOTS OF FUN!

@thegreatamsa



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A LETTER FROM

The Editor-in-Chief

Dear AMSITES;

It's with great joy that I present to you INSIDE AMSA magazine, January edition.

The editorial committee has been dedicated and worked intensively to bring you interesting templates transcending AMSA's latest to the table of AMSITES. As you flip through these pages, get carried away, learn a two or thing, laugh away the stress of medical school and most of all engrave it in your hearts.

I and my committee won't just drop this magazine without a little token. Inside this magazine are riddles, for every riddle found and answered, send to the editorial committee through the following numbers that will be stated below for **free airtime**.

Thank you and I hope you enjoy this edition. See you next time.

With regards;

OSAYANDE ELOGHOSA VICTORIA
Editor-in-chief

GET TO KNOW YOUR
EXECUTIVES
AMSA EXCOS



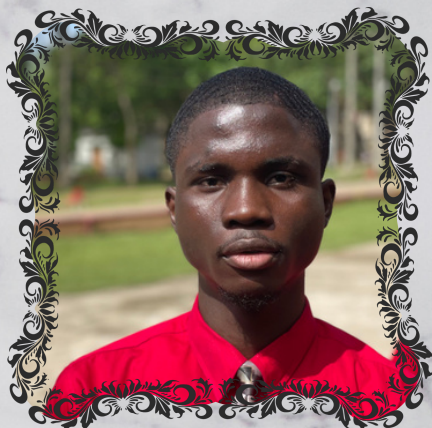
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Assistant Editor-in-Chief



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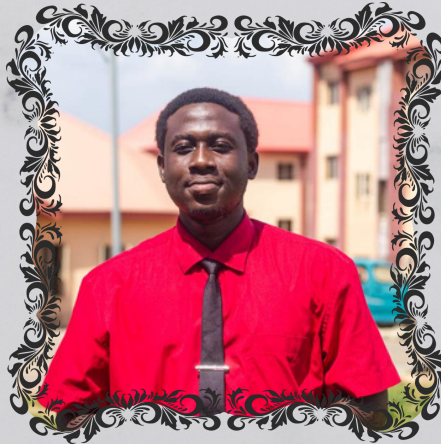
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REBECCA

Assistant Social Director



EDET DATI-ABASI

UWEM

Sports Director



OBIJAMA WILLINGNESS

SOMTOCHUKWU

Assistant Sports Director



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OLUWADEMILADE DEBORAH
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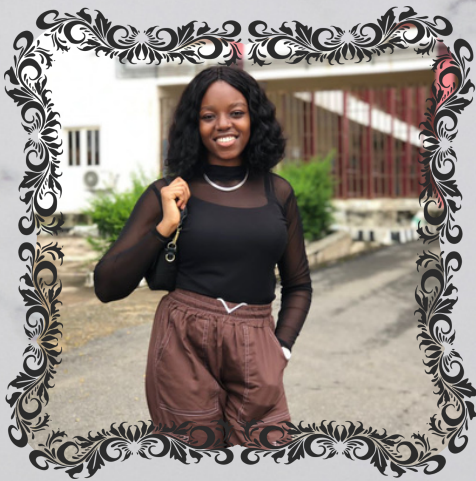
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Ex-Officio (Pre-clinical)**



**MOTAJO
OLUWATOSIN
Senate President**



**UGOCHUKWU
CHIZITEREM
Deputy Senate President**



**AYENOR E.
CHRISTABEL
Chief Whip**



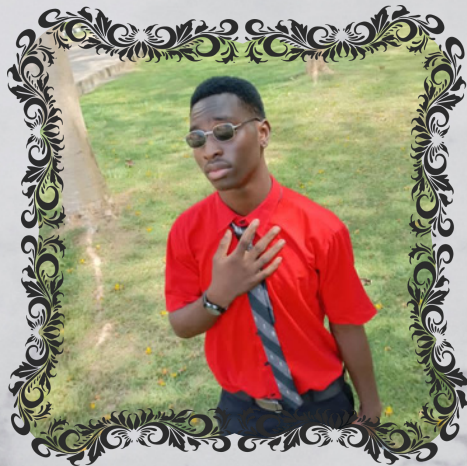
**AKINOSO AKOREDE
PEACE
Senate Secretary**

100 LEVEL SENATORS



EZEAKABEKWE

CHUKWUEBUKA EMMANUEL



OBINNAH SAMSON

CHIAZARAM

200 LEVEL SENATORS



AMENKHIENAN

PRECIOUS



BELLO BEAUTY



EMEKEKWUE

DANIELLA CHIDERA



IFECHUKWU

SUCCESS ONYINYE

300 LEVEL SENATORS



EMEM GRACE
JAMES



EZEOKÉ SOMUNACHIM
FRANKLIN



JOAN PREREQUISITE
JASPER



NWOSE OGOCHUKWU
ELIZABETH

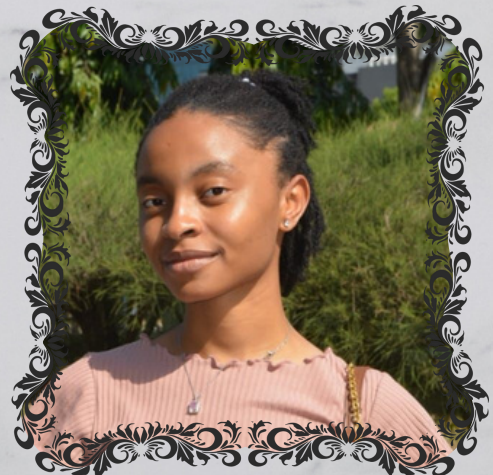


OKUNLOLA AISHAT
MOJIROLA

400 LEVEL A SENATORS



AKINOSO AKOREDE
PEACE



AZUOKWU JENNIFER
CHIDINMA



EZEONOZIE
CHIAZARAM



OGIEVA GLORY
UYIOGHOSA



UGOCHUKWU
CHIZITEREM

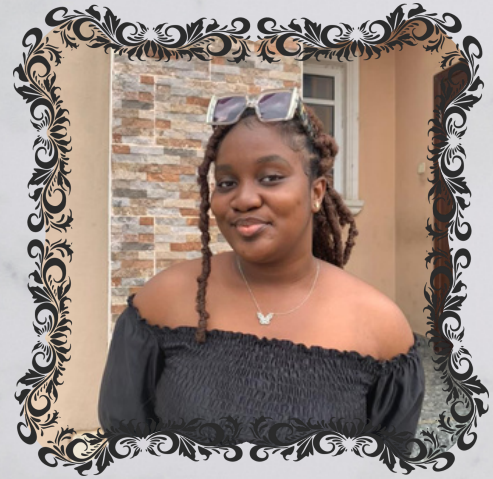
400 LEVEL B SENATORS



AKINJO
EBUNOLUWA FAITH



OBAFEMI TOLUWANIMI
EMMANUEL



OBIATA IBUKUNOLUWA
TOLUWANI

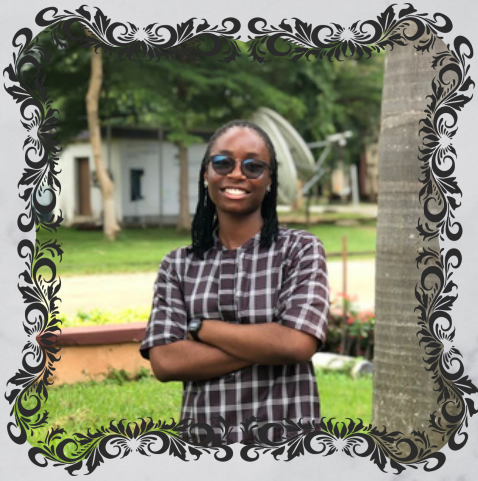
500 LEVEL A SENATORS



AYENOR E.
CHRISTABEL



MOTAJO
OLUWATOSIN



**NATHAN SHARON
IFESINACHI**

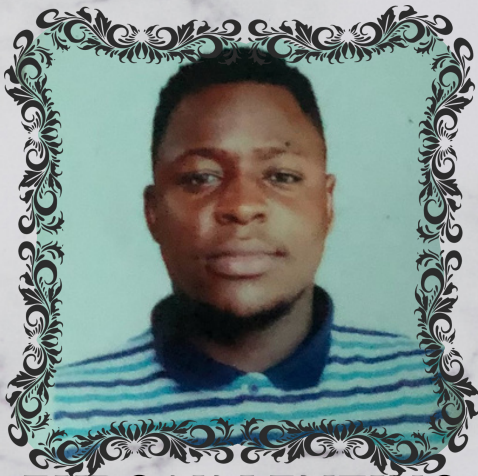


**NNAJI FAVOUR
CHINENYE A.**



**OLUKOWI
OLUWANIFEMI**

500 LEVEL B SENATORS



EKPO VALENTINO



**UMA MIRACLE
IFECHUKWU**

THE

INAUGURATION

The exhilaration from the results of the just concluded elections still lingers in the minds of AMSAites. Our votes truly represent our voices, so it's no wonder AMSAites were thrilled with how free and fair the election was.

Rumour even had it that the winners elect, had been on their toes, right from the day results were announced, even without being sworn into office.

Finally, the time for their positions to be made officials had finally arrived. On the 12th of January, 2024, an inauguration ceremony was held, to swear the newly elected representatives into office.

In attendance, were several dignitaries, lecturers, ex-officials and other well-wishers.

The ceremony ended with many pictures being taken to celebrate the executives' well-deserved win.



The Tenure of

GREATNESS

THE

Presidential

OFFICE

What the Office of the President has achieved;



1. Organized a physical Inauguration - first since 3 tenures

2. Ensuring the establishment of a physical secretariat for the association (on-going)

3. creation of NIMSA GUIDE

4. Working with the Social Office to bring about the bon fire night at IDO

5. Ensuring creation of all Committees under each offices

The Tenure of

GREATNESS

THE
Vice President
OFFICE

What the Vice President's office has achieved;



1. Created TheGreatAmsa preclinical and clinical gc
2. Created the academic committee
3. Still working on the past question bank
4. Worked with elected executives to carry out certain plans
5. Preclinicals and 400 level B tutorials
6. Medical Monday is back
7. MedBytes series
8. First episode of Asking Medical Students Random Questions
9. Restricting non-medical students from medical campus to convenience medical students
10. Collaboration with CMDA for 100 level tutorials
11. AMSA Academic Hotline

THE OFFICE OF THE
VICE PRESIDENT
×
PUBLIC RELATIONS
PRESENTS:
AMSA ACADEMIC HOTLINE

EMILIO: +234 810 473 9974
AMSA TV: +234 703 704 5269

- ✓ PAST QUESTIONS
- ✓ MEDICAL TEXTBOOKS
- ✓ ACADEMIC ADVICE
- ✓ AMSA TV CONTENTS



WISHING ALL 500LVL A MEDICAL STUDENTS
SUCCESS
IN THEIR 3RD MB
EXAMS

Wishing you the best of luck in your exams. Remember you have been working hard and your hard work will pay off. Go into the exams with the confidence that you have succeeded.
Best of luck and may success be in your favour.

THE Welfare OFFICE



What the Welfare office has achieved;

1. Active Mindful Me participation in collaboration with the Editorial house
2. Successful catering and organizing for the inauguration ceremony
3. MB Encouragement package and video (collaboration with the PRO committee)
4. Welfarism activities during tutorials
5. Checking up messages for each class and words of encouragement towards their upcoming tests and exams
6. Best committee of the Week
7. Goodwill message in collaboration with the PRO office for the 500LA students writing their MB

THE PRO OFFICE



What the PRO office has achieved;

1. Curated Christmas content and New Year content
2. Re-emergence of AMSA TV
3. First ever Wild Tales Friday (WTF)
4. Creation of TikTok Tuesdays and Would You Rather Thursdays
5. Academic Hotline collaboration with Academic committee
6. Goodwill message for 500 A in collaboration with Welfare committee

General Secretary

What the office of the General Secretary has achieved;

1. Sending out invitation letters to principal officers of the MHS college and various college presidents for the inauguration ceremony of the newly elected executives.

2. Collaboration with the letter writing club on teaching AMSAites how to write recommendation letters to NiMSA and other national medical students' associations.



Introducing the bonfire night was a special way to wish the medical students in ido campus a happy new year with fireworks, music, dance, more so ever life. You let go of your worries and just be in the moment, surrounded by the sights, sounds, and smells of celebration.



3. Organization of general executive meetings.

4. Sending out a letter to the Dean of the Faculty of Basic Clinical Sciences and the Provost of MHS through the Vice President, on the establishment of a physical secretariat for the association (awaiting official approval).

THE

Social COMMITTEE

Have you ever been to a bonfire night celebration?

It was filled with warmth and love. It's was great time to gather with friends to enjoy the mesmerizing firework displays and create lasting memories.

THE
Editorial
COMMITTEE



What the Editorial Committee has achieved;

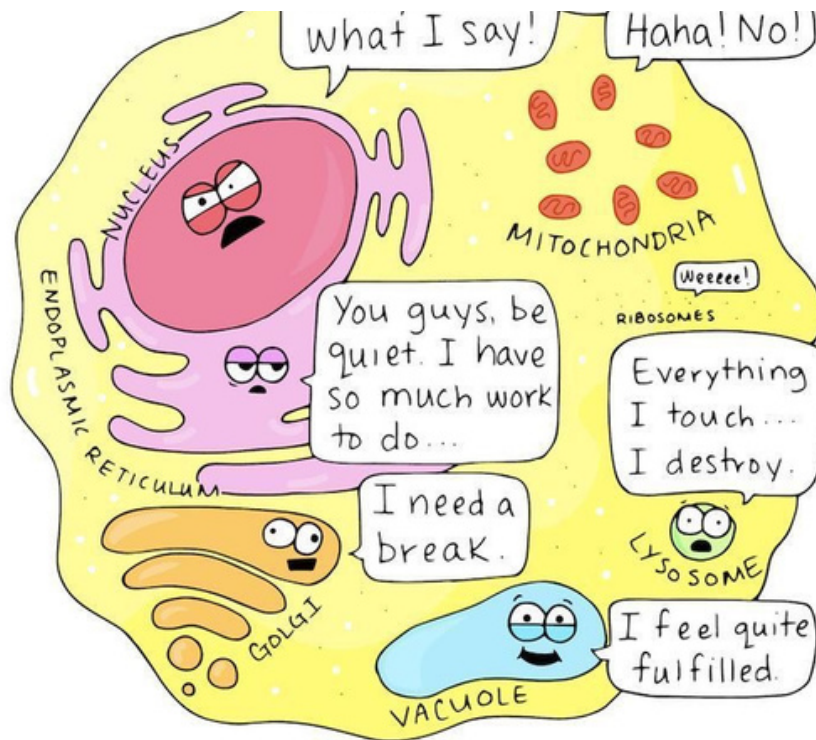
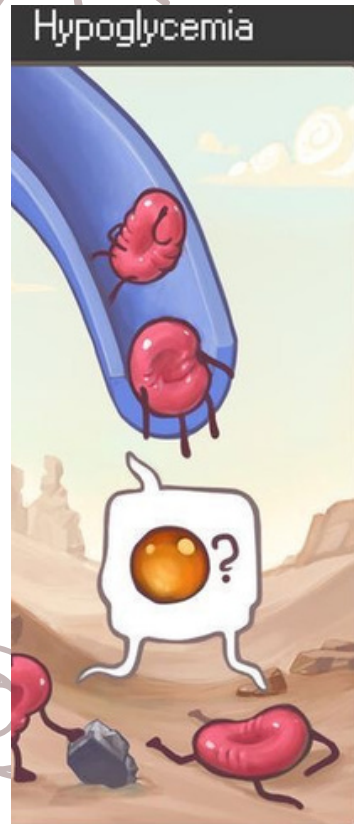
1. Formation of Editorial committee
2. Release of first ever AMSA newsletter
3. creation of amsa's first ever radio program
4. creation of Amsa's rantbox
5. The Would you rather bingo (medical students Edition)
6. Active collaboration with the Welfare office on the Mindful me Challenge
7. Christmas message special from the Editorial house
8. AMSA's very own Whistledown
9. active ongoing renovations on the INSIDE AMSA WEBSITE
10. Creation of the Editorial house channel

COMICS

and more



Muscle Relaxation



If organelles could talk.



NONPAREIL SET OF 2023

'CHALLENGES, ARE WHAT MAKE LIFE INTERESTING, OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFUL'- JOSEPH J. MARINE

-To the unparalleled Non-pareil set of 2023...

You have transversed the path medicine set before you, skillfully meandering your way through every difficult situation. Through every assignment, every test, every MB exam, every viva exam, every steeple chase practical, you have stood tall, letting your academic prowess speak for you.

Like the stars in the infinite galaxy, each one shining with unparalleled brilliance, your efforts illuminate through your distinct personalities, revealing a universe of limitless possibilities that now revolves around your hard work and resilience.

You've diligently displayed sheer brilliance and an unwavering commitment to achieving superiority in the academic field, creating a hallmark in the history of AMSA that can never be forgotten in years to come. Much like the combined efforts of little drops of water forming an ocean, your collective dedication and individual outstanding efforts have raised a bar, presenting a level of excellence that truly distinguishes you.

Your diligence is truly admirable and we commend you for all the feats you've gracefully conquered.

Through six and a half years of unwavering emotional support from those who care, you've faced breakthroughs with tears, coping with the anxiety of exams, conditioned your bodies to survive on minimal sleep, and weathered emotional rollercoasters with each result released. Despite it all, you have emerged victorious. Well done!

As you are being inducted into the medical profession, may your doggedness and resilience continue to guide you triumphantly through every challenge. Our heartfelt wish is for you to excel in any situation you encounter within this professional field. As you ascend the medical system's ranks, may you always remember the passion that fueled your journey's beginning.

As commonly said, the result is the product of the process. And, today we celebrate your process, individually and, once again, as The Non-Pareil Set.

AMSA loves you and is bidding you farewell

GLAUCOMA

THE SILENT STEALER OF SIGHT

With January being the Glaucoma awareness month, the editorial team has decided to publish an article to raise awareness of glaucoma.

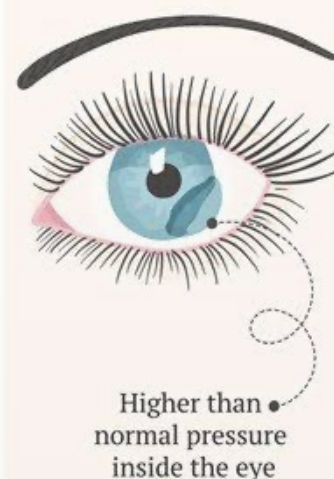
Glaucoma is a condition that damages the optic nerve which is responsible for sending images to the brain. It is usually linked with a buildup of pressure within the eye.

This pressure is known as intraocular pressure and it is often caused by the drain structure within the eye looking fine but not draining fluid within the eye (Aqueous humor) the way they should, as in Open-angle glaucoma. Or due to the drain structures in the eyes being too narrow or outright blocked (Acute-angle glaucoma).

HEALTHY EYES



GLAUCOMA



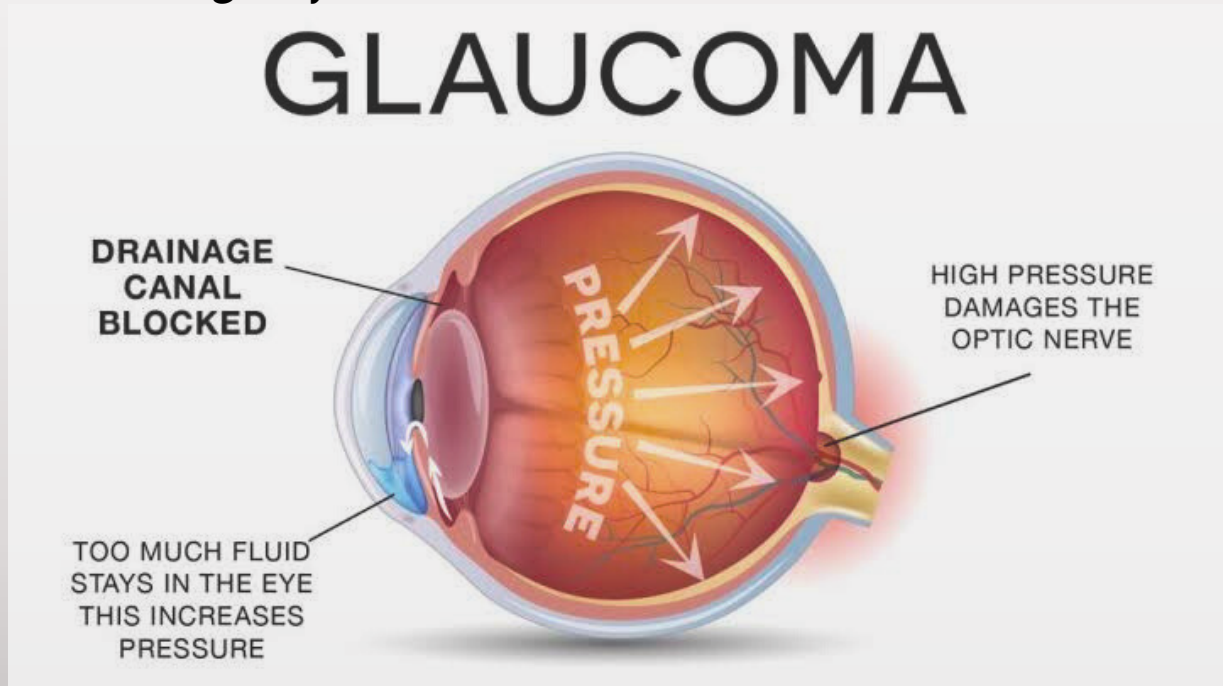
Open-angle glaucoma is the more common type of glaucoma.

In this case, the disease acts insidiously and has no apparent symptoms except the gradual loss of peripheral sight. Which is usually hard for the patients to notice themselves, hence, regular eye check ups are absolutely necessary in preventing permanent loss of sight as signs usually don't appear until its too late.

Acute-angle glaucoma is less common and

is usually characterized by very, very severe pain. When it occurs there's about 6-12 hours before permanent loss of sight or blindness sets in so patients must be rushed to the nearest hospital immediately and should be treated with urgency.

that they are losing their sight until the damage done is permanent. And, although less common, when it is noticeable due to excruciating pain. It acts incredibly fast and can cause permanent loss of vision within hours.



Glaucoma tends to run in families, but quite often does not have a clear cause, stressing the importance of regular check ups.

In summary, glaucoma is caused by high eye pressure and what makes it so dangerous is that, in most cases, people can't even tell

Citation:

WebMD Editorial contributors, 2023. *Glaucoma Sources. WebMD*
<https://www.webmd.com/eye-health/glaucoma-eyes>

Written by:

OTIONO, Chidinma Tamara-ebi
ANYAKU, Miyeen Ashaezi

THE CROWN OF DREAMS

An Ode to One Piece Fans

Ahoy matey!

In the Grand Line's embrace, a tale unfolds,

Straw Hat's journey, in adventures untold.

Luffy's dream, the Pirate King's decree,

Navigating seas, feral and free.

Now that dream is yours to see.

So grab ye some ale,

And shout hurray!!

One piece awaits, the treasure of pearls.

Can serpents soar on eagles' wings?

Can ye sport the crown of thy pirate king?

Concealed 'neath the Banyan tree,

Lonely Luffy waits for thee.

-Ugwuoke Chiemerie Samuel

A Noble Corsair

Conversations with Myself

I find that I randomly talk out loud to myself while doing things. I must admit that sometimes it's not very comfortable, especially when someone incidentally walks in on me doing it. But honestly, conversations with myself are some of the best I've ever had. I find that I am the only one who will tell myself of harsh realities without getting upset. I get to tell myself about my dreams, aspirations, experiences and opinions on various matters without the fear of criticism.

Some people are of the notion that only lunatics talk to themselves and some say otherwise but I believe that talking to oneself helps to build a solid relationship with oneself and I believe that this is one of the strongest relationships that can be forged. You find that you don't necessarily need the companionship of others. Or, what do you think?

-Oputa Chinelo

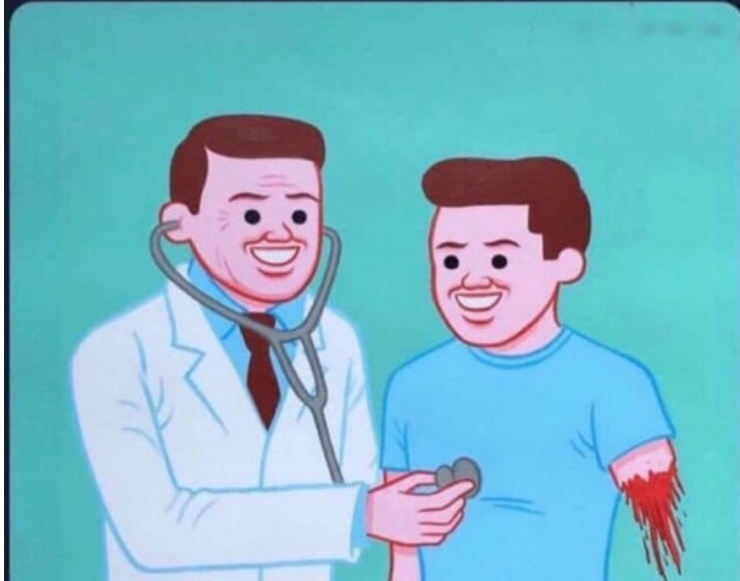
COMICS

and more



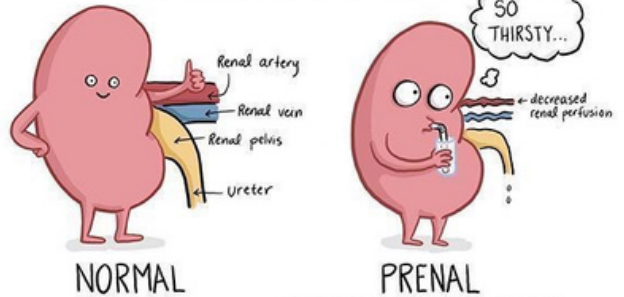
Family members: Hey, you're basically a doctor. Can you check this out for me?

Me, a 1st year Med student:

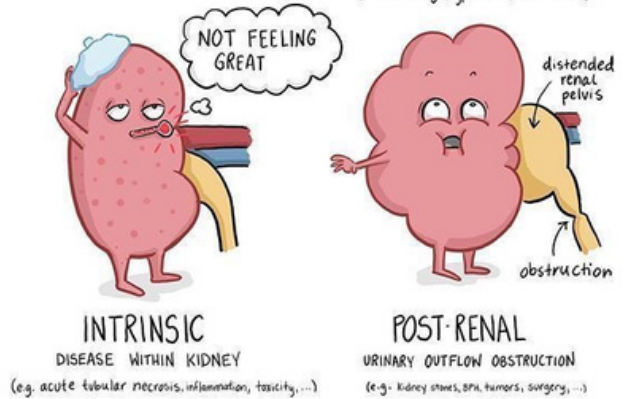


ACUTE KIDNEY INJURY

SUDDEN DECREASE IN KIDNEY FUNCTION



DECREASED BLOODFLOW TO KIDNEYS
(e.g. hemorrhage, hypotension, heart failure, ...)



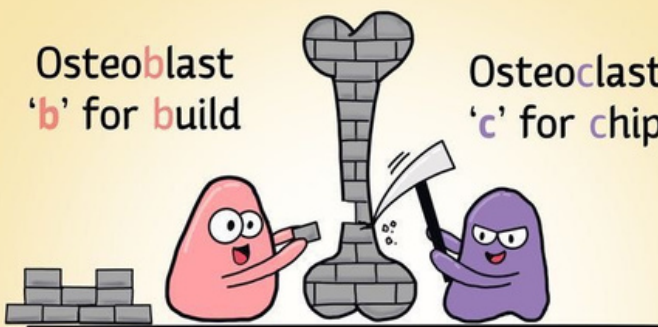
(e.g. acute tubular necrosis, inflammation, toxicity, ...)

(e.g. Kidney stones, BPH, tumors, surgery, ...)

Normal Bone

Osteoblast
'b' for build

Osteoclast
'c' for chip

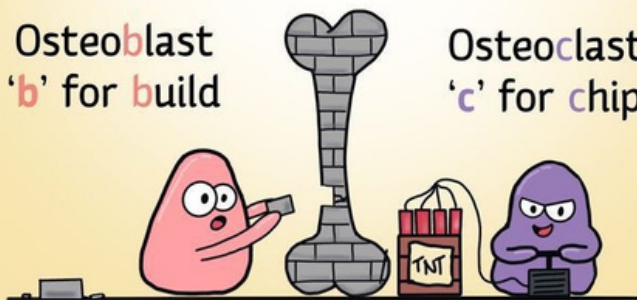


©Memorypharm

Osteoporosis

Osteoblast
'b' for build

Osteoclast
'c' for chip



med student syndrome

WHY ARE MY EYES RED?!

microbiology
pathology
histology

Doctor mode activate!

Sarcoidosis
Conjunctivitis
-Staph, strep, pneumococcus,
gonococcus, adenovirus,
Eagle's syndrome

Keratitis fugax hereditaria
Ollivier syndrome
Polycythemia
Queensland tick typhus
Sandfly fever
Yellow Fever

yeah.. uh... it's just allergies.
Take some Claritin and
you'll be fine

(real doctor)



THE PSYCHE:

...perception...

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." – Albert Einstein

We often assume that those without a knack for academic ability are less likely to become successful in life. However, this is incorrect. Self-discipline is the motivating factor that determines the outcome of an individual's life. Nothing happens until something moves. It starts with our mindset.

Growth, in any form, arises from the mind. Until the thinkers do and the doers think, the word progress would just be another word in the already overburdened vocabulary by sense, as said by François. No matter how intelligent one may be, an individual who puts no effort would seem 'stupid'.

Psychology is an enigma.

A place where questions far outweigh the answers. What is Life? Why do we exist?

There is no pinpoint perfect answer for now, but, we can say this:

According to the vitalist principle, "life' is something special and unique, and maintains that life cannot solely be expressed in terms of the physics and chemistry, having properties which are special to the system as a whole."

The aim of biology must ultimately be to explain the living world in terms of scientific principles, although appreciating that organisms behave in ways which seem beyond the capabilities of their component parts. Certainly the consciousness of living organisms cannot be described in terms of physics and chemistry even though the neurophysiologist can describe the working principle of a single neurone in physicochemical terms.

Consciousness may be the collective working of millions of neurones and their electrochemical states, but as yet we have no real concept on the chemical nature of thoughts and ideas. Nor do we completely understand how living organisms originated and evolved. Thus we are reduced to the position that we cannot define precisely what life is or where it came. All that we can do is to describe the observable phenomena that distinguish matter from non-matter. That is, the features of living organisms.

MENTAL HEALTH

AWARENESS

Breaking the Stigma

Logic, reasoning, emotions. All in the mind.

A human's ability to engage in these three things, and implement certain actions is what usually determines the person's stand in life. At the start of life, children offer a fresh perspective and an unbridled curiosity which is the foundation for future growth. As teenagers, the energy of discovery and adaptability abounds, with which comes the potential for innovative thinking. Eventually, as adults, we become mentors to our kids.

A navigational guide to engage their never-ending curiosity. But, these three stages of life pose challenges that could potentially reshape the future generation, for better, or for worse. This depends on the individual's approach to challenges.

A 'challenge' is wrongly perceived to be a barrier to achieving one's goals. Instead, they are simply obstacles that must be overcome to guarantee success. Oftentimes, we emphasize too much on the problem that the solution becomes oblivious. In Japanese, there's something called 'Kaizen'. It means continuous improvement. Taking little steps, no matter how significant it may seem is what builds momentum. Momentum leads to progress.

From there, a result is achieved.

Written by Osung and Ife

Mental health is an integral aspect of our overall well-being, it encompasses emotional, psychological, and social well-being. Like physical health, mental health can be affected by various factors, some of which are; genetics, life experiences, and the surrounding environment.

While some individuals are resilient in the face of challenges and they cope well under stressful conditions, others may struggle to cope with stress, resulting in anxiety, or depression. Apart from these, there are other various mental health disorders such as; Bipolar disorder, Schizophrenia, Addiction, Post-traumatic stress disorder etc.

According to a report by the *German Medical Center*; Awareness is the first step towards breaking the stigma associated with mental health. This simply means acknowledging that mental health is as crucial as physical health, which helps foster a supportive atmosphere for individuals seeking help. Unfortunately, misconceptions and stereotypes about mental health conditions often lead to discrimination and isolation, making it harder for those affected to seek assistance.

I'm a silent messenger, transmitting signals in the brain. Without me, movement and thoughts will be in vain. What am I?

Awareness campaigns about mental health have been instrumental in sparking conversations and changes in attitude in recent years. And the thing is, mental health problems are getting more common as we navigate the challenges of the modern world. From the pressures of a fast-paced lifestyle to the impacts of a global pandemic (the effect of which a lot of people are yet to recover from), more and more people are finding themselves struggling with various aspects of mental well-being.

One of the most harmful misconceptions surrounding mental health is the notion that individuals dealing with mental health challenges can simply “snap out of it” or “get over it.” This misconception undermines the complexity of mental health issues, which may require professional intervention, therapy, and support.

As individuals, acknowledging that mental health struggles are not a matter of willpower but rather a complex interplay of biological, psychological, and environmental factors can already make a difference.

According to *Stellis Health*, supporting friends and family members who may be struggling is one meaningful way to break down barriers around mental health, as well as listening actively and without judgment when they want to talk, offering a shoulder to lean on and encouraging them to seek professional help if needed.



It's important to remember that your presence and understanding can make a world of difference in their journey toward healing, and sometimes the simple act of being there for someone can be a powerful form of support.

Navigating the landscape of mental health stigma requires a collective effort, and it begins with you and I. By unlearning misconceptions, fostering understanding wherever we find ourselves, engaging in the community, and using your voice, you become an agent of change. Each step, no matter how small, contributes to a more compassionate world where mental well-being is embraced and supported.

Your actions today pave the way for a brighter, stigma-free future, so make sure you're making a positive change.

Written by BLESSING E. ONYEMA.

EDITORIAL BOARD

AT A GLANCE



OSAYANDE ELOGHOSA
VICTORIA
Editor-in-Chief



UGWUEZE C. NICOLE
Assistant Editor-in-Chief



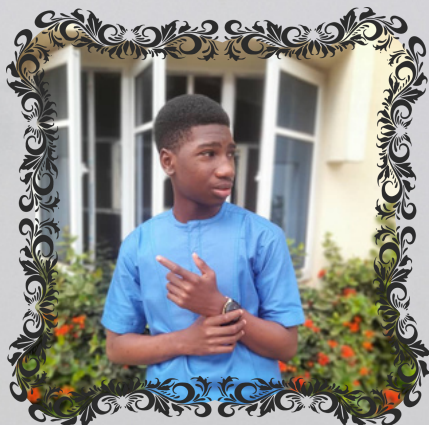
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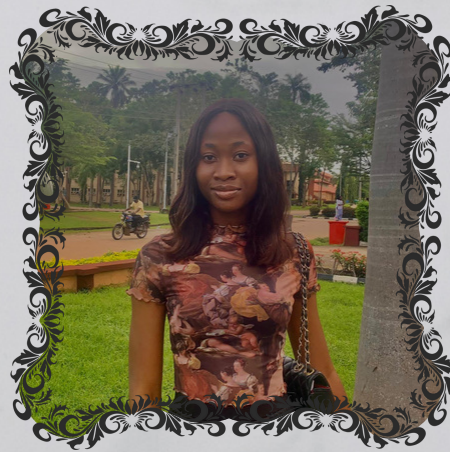
ANYAKU MIEYEN ASHAEZI



BANKOLE OLUWAPELUMI
BUKOLA



BELLO NOAH



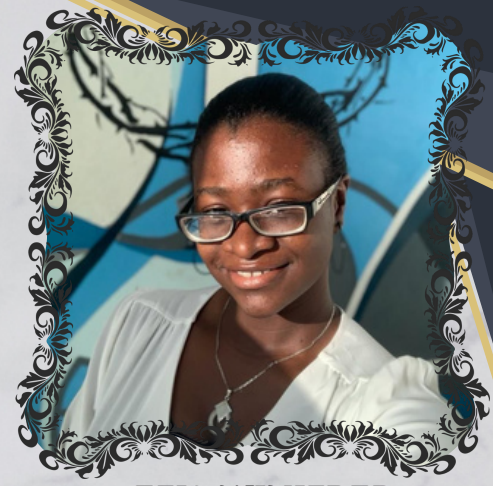
BLESSING EZIGBONWA



EME EKWUE DANIELLA
CHIDERA



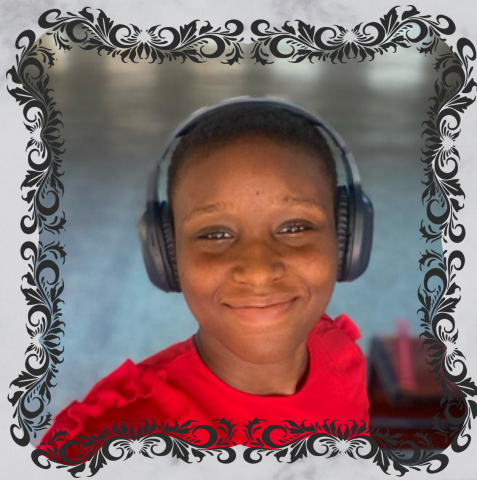
IFEANYICHUKWU
OZIOMA



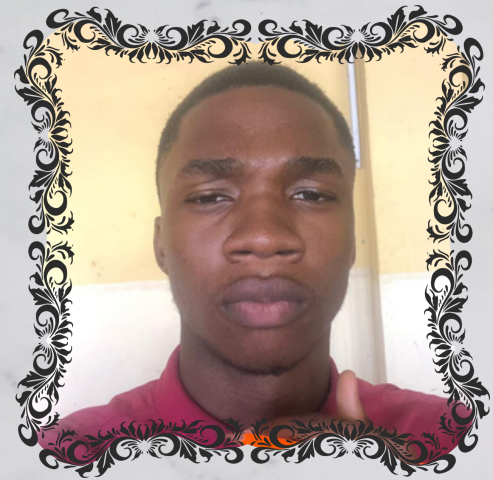
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ONYINYECHI



JESSE KOLO



KUBOYE OLUWATOWA



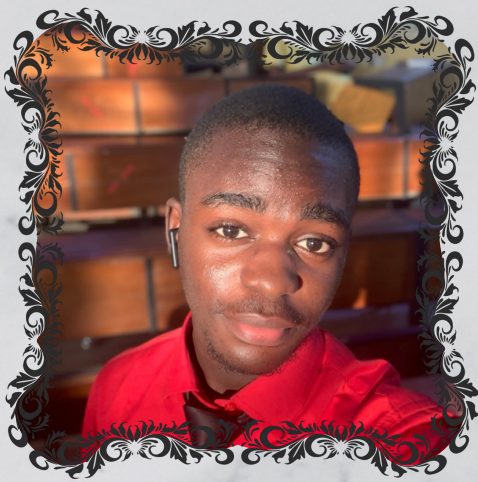
OBI GEORGE



OFUKA PRECIOUS OB



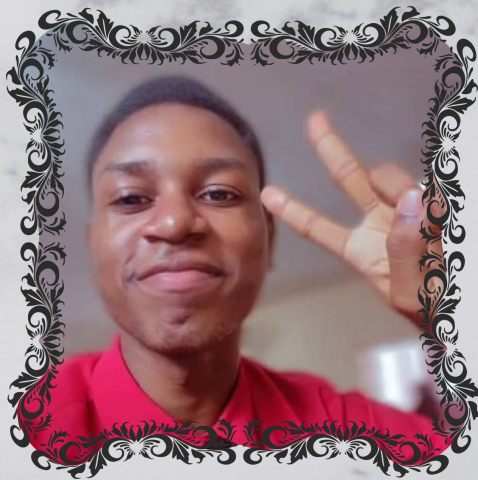
OLAWAYE OLASALEWA
ENIOLA



OLUFUNSO DANIEL



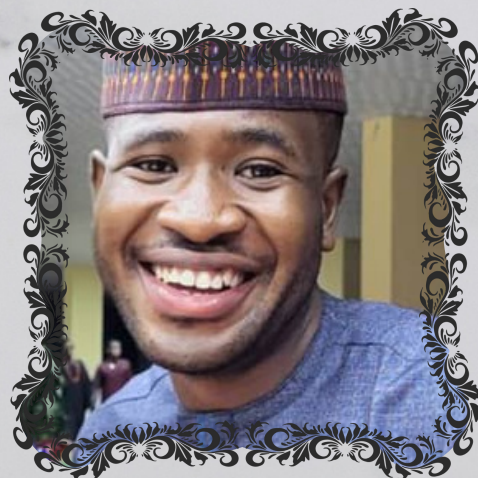
OPUTA CHINELO ESTHER



OTIONO CHIDINMA
TAMARA-EBI

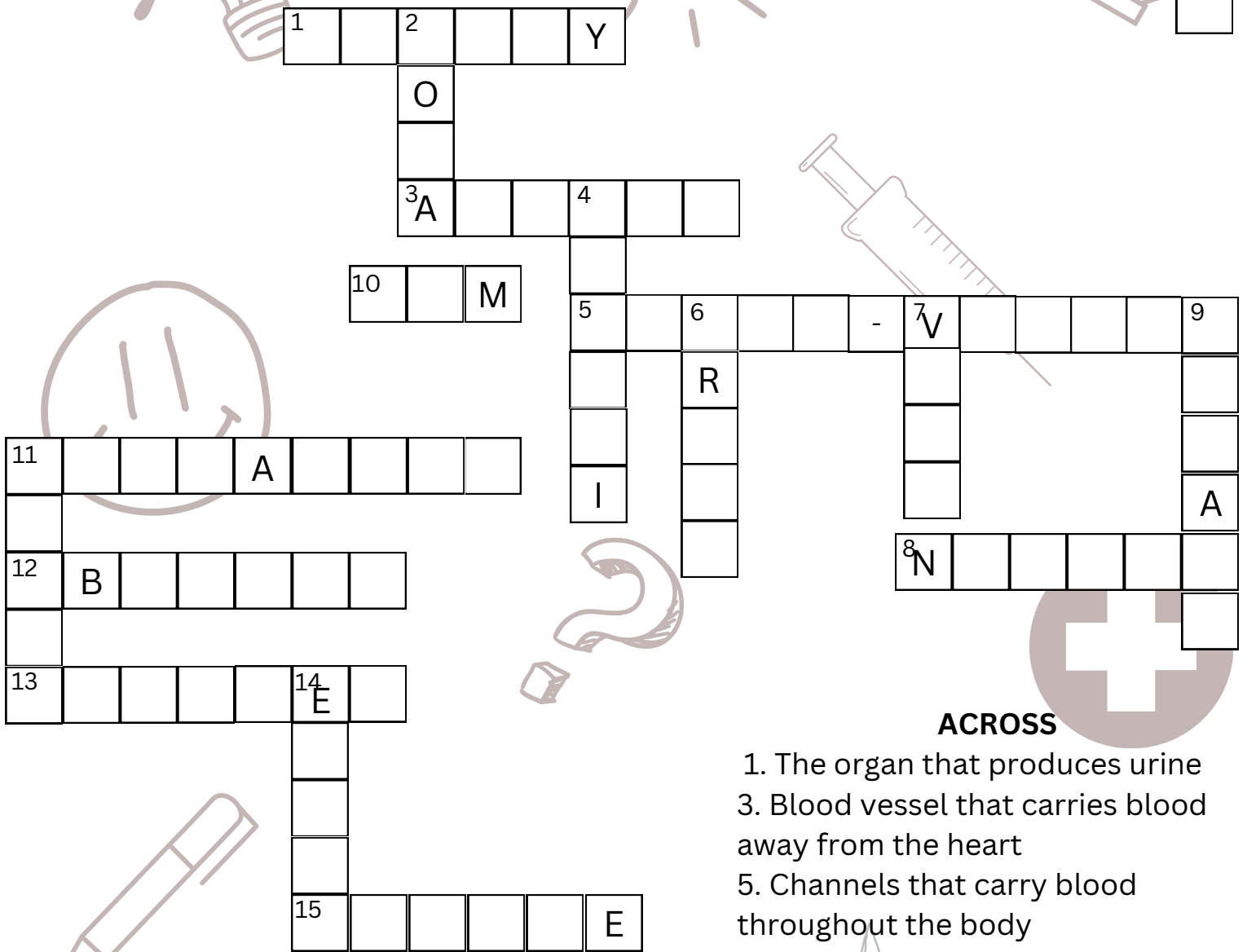


PAULA UGWUMBA



UGWUOKE CHIEMERIE
SAMUEL

GAMES



DOWN

2. The hormone responsible for the feeling of pleasure, satisfaction and motivation
4. Travels through the blood stream, lodges in a blood vessel and blocks it
6. Collection of tissues
7. Blood vessel that carries blood to the heart
9. A molecule that binds to a receptor
11. Organ that pumps blood
14. Swelling caused by too much fluid trapped in _____ in spaces within the abdomen the body's tissues

ACROSS

1. The organ that produces urine
3. Blood vessel that carries blood away from the heart
5. Channels that carry blood throughout the body
8. Fundamental units of the nervous system
10. Upper limb, between the shoulder and elbow
11. Signalling chemicals the immune system releases, causing allergic and anaphylactic symptoms
12. Part of the body between the thorax and pelvis
13. Windpipe
15. Condition in which fluid collects

I'm a transparent layer that shields your eye. I adjust to light, helping you see the sky. What am I?

07061373702 - ELOGHOSA
09133513259 - Nicole
08116994447 - Winnie

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