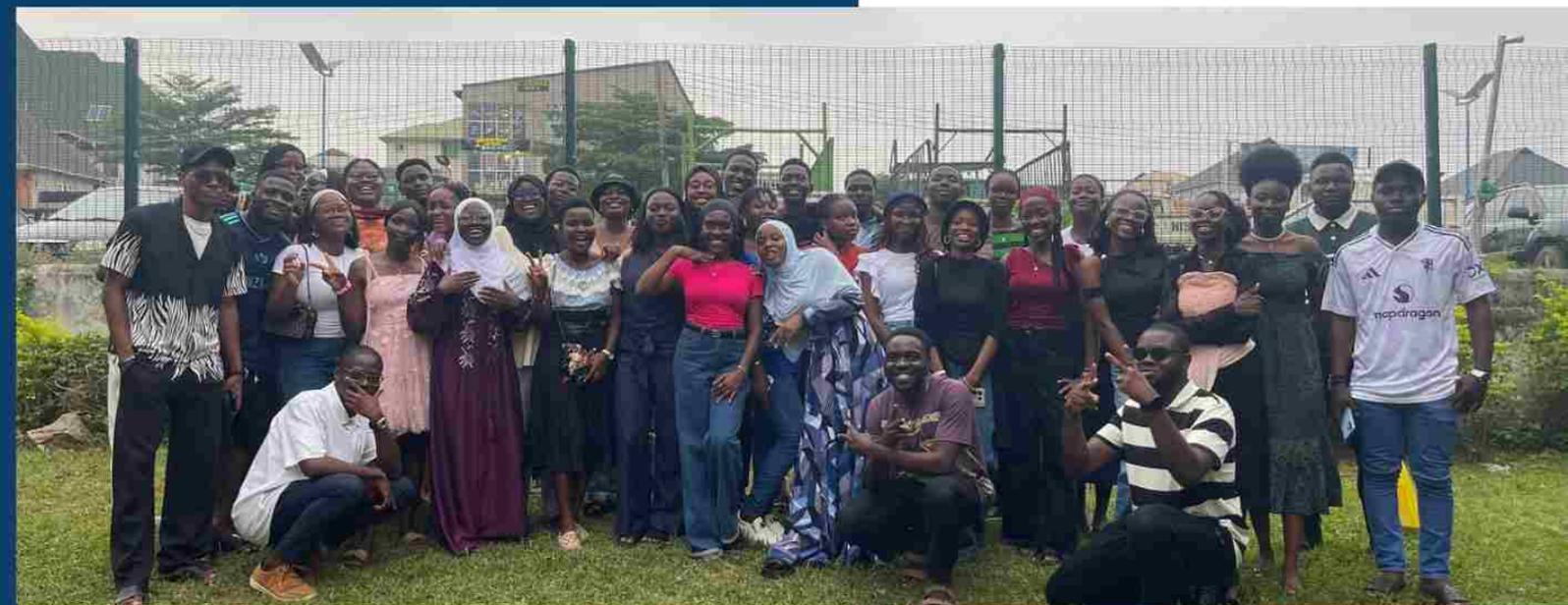


OSUMSA NEWSLETTER



8 November, 2025



Catch the interview with OSUMSA's president on men's mental health on:

<https://osumsa.org.ng/movember-an-interview-with-osumsas-president-on-mens-mental-health/>

Table of contents

- Editorial note
- Exemplar administration: 100 days in office
- World Diabetes Day
- Ikanoi Hangout
- Antimicrobial Resistance Awareness week
- News Corner

VOLUME III

A publication of OSUMSA NEWS
AGENCY

EDITORIAL NOTE



"MOVEMBER": THE MODERN MAN HEALTH CRISIS

November: A Time to Listen to Men's Health

This November, as the world turns its attention to men's health, we pause to reflect on a truth often left unspoken — that the modern man is in quiet crisis. Despite advances in medicine and a growing culture of wellness, men continue to face shorter life expectancies, higher risks of cardiovascular disease, and a silent struggle with mental health.

In a society that teaches men to be strong, many grow up believing that strength means silence. But true strength lies in awareness — in knowing when to seek help, when to rest, and when to speak up.

This issue of our newsletter is a reminder that men's health matters too. To every man, young or old: your well-being is not a luxury — it is a necessity. This month, and always, we stand with you in rewriting the narrative.



100 DAYS
IN OFFICE

EXEMPLARS ADMINISTRAT

In commemoration of this administration's 100 days in office, remarkable achievements have been highlighted in a report. To access this, visit: <https://osumsa.org.ng/the-exemplars-administration-100-days-in-office-report/>

WORLD DIABETES DAY



Men & Sugar: The Silent Story

He's tired, thirsty, and always running on caffeine. He blames it on stress, long shifts, and sleepless nights. What he doesn't know is that sugar is silently rewriting his story.

Diabetes doesn't always come with alarms. It creeps in quietly, hiding behind everyday fatigue and late-night cravings. For many men, that silence lasts too long. Men are more likely to develop type 2 diabetes at a younger age and lower body weight, yet they're less likely to go for regular checkups or take symptoms seriously. By the time they do, complications may already be unfolding — heart disease, kidney damage, nerve pain, even vision loss.

Part of the problem is culture — the idea that men should “tough it out.” Add stress, sugary diets, alcohol, and lack of exercise, and the risk multiplies. But the real danger isn't sugar alone; it's silence.

A simple blood glucose or HbA1c test can change the story. Early screening means early control — healthier food choices, daily movement, and timely treatment. Silence, on the other hand, costs lives.

This World Diabetes Day, let's break that silence. Talk to your patients, your classmates, your fathers and brothers. Encourage them to get screened. Because true strength isn't ignoring the signs — it's taking charge of your health before sugar steals the story.





🎉 Congratulations to Our
New Clinical Set! 🌟

You did it! Passing the First Professional MBBS Examination marks a major milestone — the moment you move from studying medicine to living it. Your hard work, perseverance, and passion have paid off.

This is where medicine comes alive — where knowledge meets compassion. Go forth, embrace the challenge, and let your brilliance shine.

Congratulations once again, our newest Clinicians!

IKANOI HANGOUT

NOVEMBER 18 - 24

ANTIMICROBIAL RESISTANCE AWARENESS WEEK

"MEDICINE AND MISUSE": FIGHTING SUPERBUGS

Wale is currently lying in his bedroom under a blanket, shivering, even with the sun shining brightly on a Sunday afternoon. He has thrown up twice in the space of an hour. He has a sore throat, chest pain and a high temperature.

He passes it off as malaria, nothing antimalarial and paracetamol cannot fix. He also decides on antibiotics to cover all bases. He calls out to his sister, "Bisi, abeg help me buy antimalarial, antibiotics and paracetamol from the pharmacy."

Bisi looks at him with scepticism and responds, "Are you sure? You're shivering, and I've heard you vomiting. Don't you want to confirm what is going on before buying drugs?"

Wale hisses, "Leave the long talk and just buy what I sent you. One will sha work."

Bisi leaves with reluctance and goes to a pharmacy nearby to buy the drugs.

A month later, Wale is down with even more severe symptoms than the last time. He repeats the same routine as before, and buys more antibiotics.

Bisi approaches him again, "Are you sure you don't want to visit a hospital this time?"

With chattering teeth, he says, "It's no big deal. It's probably because I did not complete the dosage for the antibiotics the last time.

Bisi exclaims, "Ahh, abájo. How do you expect it to work when you don't take the correct dosage? I don't care what you say, you're going to the hospital now!"

After more persuasion, they head to the hospital together. Proper tests were run, and it turns out that Wale has pneumonia. The physician then prescribes appropriate drugs and admonishes Wale to complete every dosage.

On their way out of the hospital, Bisi looks at her brother with a smirk, "No need to thank me," she shrugs, "I mean... I just saved your life, no big deal."

"Thank you," Wale smiles weakly, "I'll make sure to stick to the prescription."

Antimicrobial resistance is a situation whereby microorganisms become resistant to drugs that should normally combat them. It occurs as a result of incomplete dosage, misuse or over-the-counter administration of drugs, among many other causes.

Stop the prevalence of Superbugs with responsible use of drugs.

As the theme of AMR awareness week 2025 says, Act Now: Protect Our Present, Secure Our Future.



NEWS CORNER



Nigerian Medical Students' Association
Medical Outreach Programme
Osun State University Medical Students' Association

AMRV 2025

PRESENTS

ANTIMICROBIAL RESISTANCE VIRTUAL TRAINING PROGRAM

DATE: NOV 18TH & 20TH **VENUE:** VIRTUAL **CERTIFICATION:** INCLUDED

Registration Deadline: 14th November, 2025

#curbingAMRtogether @asumsamop

OSUMSA Website Design Team

LAUNCH O'clock

We Are Live

Time to Explore!

Osun State University MSA

www.osumsa.org.ng

🚀 OSUMSA Website Is Now Live! Stay up to date with the latest OSUMSA news, events, and announcements.

Explore important updates and read news agency publications directly on the website.

👉 Visit the website now!

OSUN STATE UNIVERSITY
OSOGBO, NIGERIA
The Vice-Chancellor, Professor Odunayo Clement Adeboye
on behalf of Council, Senate and Congregation
Invites the general public to the

27th INAUGURAL LECTURE OF THE UNIVERSITY

Topic:
THE HEART AND ITS MYRIAD RISK FACTORS: Protecting the wellspring of life from the shadows of sudden death

To be delivered by
PROFESSOR PATIENCE OLAYINKA AKINWUSI
FRANCIS IYANU, FRCO, FRC
Professor of Medicine/Cardiology

Thursday, 20th November, 2025
2:00pm
Olagunsaye Oyinlola Auditorium Main Campus, Osogbo

Join Zoom: <https://us06web.zoom.us/j/84230132167>
pwd=W3255e2a3nc3jgXUJJCWU4y2MhXPa
Meeting ID: 842 3013 2167 Passcode: 098542

Note: All guests are to be seated by 1:30pm

UNIOSUN

000,01# 000,4# 00,9#

BLAZE SPARK FLAME

GET YOUR TICKETS NOW!

TICKETS ARE AVAILABLE VIA
bit.ly/tedxuniosun2025

UNIOSUN

OSUMSA HEALTH AWARENESS CLUB
MENTAL HEALTH AWARENESS CLUB

WORLD MEN'S MONTH NOVEMBER

WEEKLY HIGHLIGHT

WEEK 1	CALL A MALE FRIEND/FAMILY MEMBER
WEEK 2	ANONYMOUS GIFTING TO A MALE FRIEND
WEEK 3	ANONYMOUS MESSAGES FOR MALES
WEEK 4	MENS HANGOUT



WHEN GIVING BECAME THE GAIN.

Sandra and Blessing had earlier seen a job application on LinkedIn, but they couldn't apply.

While filling out the form, they were asked if they had any volunteering experience in that field – unfortunately, they had none.

They remembered how they had once come across several volunteering opportunities but ignored them. “Why should we give our skills for free?” they had thought.

The job they missed out on was a high-paying one, and it hurt deeply.

A few months later, a friend posted on their story that volunteers were needed for a graphic design role. That was Blessing's core skill, and Sandra encouraged her to go for it.

She applied and got in. The volunteering was to last just a month, as the team had a project they were working on.

Without a doubt, Blessing was excellent. Her work spoke for her, and after the one month ended, the company offered her a paid position – one that paid even more than the job she initially wanted.

That was the moment she truly understood the importance of volunteering

Volunteering increases social connection, and opportunities for personal growth and skill development. It provides a sense of purpose and a sense of community.

Volunteering isn't enslavement; in fact, it's one of the best decisions you can make. It helps you build connections, gain exposure and experience, and opens new opportunities.

As an Osumsite, you can volunteer by joining the Health Awareness Club, going on outreaches- touching lives.

So today, put yourself out there. Take that volunteering opportunity you came across. Remember, everything isn't about money – sometimes, volunteering is the bridge between where you are and where you dream to be.

FUN FACTS

- There are about 1800 species of butterfly in Nigeria, 10% of the entire world.
- Igbo-ora in Oyo state, Nigeria is home to the world highest rate of twin births. It is known as "Land of twins"



EMERGENCY CONTACTS

(Office of Welfare)

In case of emergency, contact any of the following

- Godwin – 09059788346
- David – 09067621984
- Taiwo – 08162427319
- Hikmah – 08147900694
- Glory – 07056649329