



OSUMSA NEWSLETTER



DECEMBER 2025

4TH ISSUE



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EDITORIAL NOTE

It's the final chapter of the year, and what a journey it has been! In this December issue, we're sharing fresh highlights, helpful Harmattan reminders, standout achievements, and moments worth celebrating.

Thank you for staying with us through every edition – here's to a vibrant finish and an even stronger year ahead.



'Tis the season



NEW BEGINNINGS

As the year draws to a close, we find ourselves in that familiar moment of reflection - the gentle reminder that every good thing eventually reaches its end.

Yet, this ending doesn't bring fear. Instead, it brings gratitude for how far we've come and hope for what lies ahead.

2025 has shaped us, stretched us, and strengthened us as medical students. And as it fades out, we look toward 2026 with even brighter expectations.

Remember this:
Each passing year does not take anything away from your dreams, but it brings you closer to them. Growth may be slow, but it is always happening.

From all of us at OSUMSA News Agency, we wish you a restful end of the year and a beautiful start to a new one.
Happy New Year in Advance.

World AIDS' day

DEC 1ST, 2025



- HIV vs AIDS

HIV (Human Immunodeficiency Virus) is the actual virus. AIDS is what happens when HIV has weakened the immune system so much that the body becomes vulnerable to “opportunistic infections”—the type of infections that normally wouldn’t attack a healthy immune system.



- How HIV Actually Works

HIV targets CD4+ T-helper cells, the coordinators of the immune response. It enters the cells, hijacks their machinery, and uses them to replicate. Over time, CD4 levels drop, viral load rises, and the body becomes less able to fight. A CD4 count below 200 cells/mm³ or the presence of certain severe infections/cancers means AIDS.

- How HIV Spreads

HIV is found in the blood, semen, vaginal & anal fluids, breast milk.

It spreads through:

- Unprotected sex
- Sharing of sharps
- Mother-to-child transmission
- Blood transfusions (extremely rare with modern screening)

-Symptoms

Symptoms include :

- Fever • Sore throat • Swollen lymph nodes
- Rash • Fatigue

Advanced HIV/AIDS may show

- Weight loss • Chronic diarrhea
- Persistent fevers • Night sweats
- Recurrent infections
- Opportunistic infections (TB, pneumonia, Candida, etc.)

- Diagnosis

- ✓ HIV Rapid Test / ELISA detects antibodies/antigens.
- ✓ PCR detects viral RNA.
- ✓ CD4 count shows immune strength.
- ✓ Viral load shows how active the virus is.

- Treatment

Antiretroviral Therapy(ART).

This combined medication approach:

- Reduces the virus
- Restores the immune system
- Prevents progression to AIDS
- Allows people to live long, healthy lives

When treatment works so well that the virus is undetectable, it becomes untransmittable.

- Prevention

- *Prevention is still better than cure*
- Use protection during sexual intercourse.
- Get tested regularly.
- Avoid sharing needles.

For high-risk individuals, pre-exposure prophylaxis should be used.

For emergency exposure, post exposure prophylaxis within 72 hours.

Pregnant mothers can take ART to prevent mother-to-child transmission.

Let's Solve The Stigma Problem.

Despite the changes science has brought to the concept of HIV as a whole, society still finds it hard to stop stigmatization of people living with HIV. HIV is a virus and not a curse
People living with HIV deserve dignity and not distance.



spotlighting our matriculated freshers...

CONGRATULATIONS ON YOUR MATRICULATIONS



Congratulations to the 100-level students on this great feat achieved. Coming to the University is a very important phase in life and can determine a lot about your lives in the long run. OSUMSA welcomes you to this great institution. The University experience comes with its ups and downs, but be assured that there are beautiful moments here too. It is an avenue to learn, unlearn, and relearn. You will meet people from different backgrounds, with different views and opinions. It's important that you understand why you came here in the first place, because at the end of the day, that clarity is what will keep you going.

“Medicine is not for the weak,” they say — and indeed, it isn't. But we want you to know that you are not alone in this. Many have scaled through, and you can too.

Our prayer is that after this six-year journey, you will look back and truly thank God for a well-lived and fulfilling experience.

Welcome to UNIOSUN.
Welcome to Medicine.
Welcome to OSUMSA.





And our amazing seniors...

THE PRIMUS MEDICI

Standing amidst many,
shaped in times and
seasons.

You have not just waded
through when it appears to
be bed filled with
roses, you have overcome
with resilience and spirits
of determination.

With heartfelt and warm
wishes, we wish and
congratulate you on your
final year week.

You have demonstrated
resilience in all areas, and
we wish you the very best
as you move into a new
phase in your journeys.

Congratulations to the
Graduating Medical Class.

We celebrate you. 🌞❤️🎉

With love from the News
Agency

We asked OSUMSITES to write goodwill messages to the Graduating Class.

Best of luck, dear seniors! Know that you are deeply appreciated and loved. David (Ariste).

Congratulations to the graduating class! May your journey ahead be filled with growth, purpose, and success. Keep soaring, keep shining — the world is waiting for your brilliance. Firstman (Proteuo).

Congratulations! As you step into a new chapter, may God's wisdom, grace, and strength guide your path. Keep believing, keep growing, and keep shining. The world is blessed to have you. Go and excel! Emmanuel Ajayi (Epimelis).

Dear Graduating Class,

I'm so proud of how far you've come. Your journey, your strength, your growth — it all inspires us. Thank you for leading us, for making a way for us, your junior colleagues 😊. Thank youuu. I'll be cheering you on always ✨. Congratulations once again, and shine on. Exquisite Hannah (Ikanoi).

As you begin this new chapter, we celebrate not just your academic success, but the resilience and unwavering spirit that brought you here. We are proud of all you've achieved and even more excited for the legacy you're about to build. Congratulations. Shine bright, and keep making us proud. Habibah (Evgenis).

I wish them all the best in life and in the choices that they are going to make. They have shown great strength and tenacity more than I can imagine. I pray that God will continue to direct and strengthen them as they go into the world. Qyindamola (Arete).

Photo Splash



ABOUT NIMSA



The Nigerian Medical Students' Association (NiMSA) is the official umbrella organisation representing more than 75,000 medical students across 90 Medical Schools and Colleges recognized medical colleges in Nigeria, irrespective of nationality

NiMSA was founded in 1968 by a group of students to represent Nigerian medical students in Nigeria and the diaspora

NiMSA operates across all six regions in Nigeria, ensuring comprehensive representation of all medical students

📍 Headquarters

NMA House, 8 Benghazi Street
Off Addis-Ababa Crescent
Wuse Zone 4, Abuja

E-mail: nimsa-nigeria@ifmsa.org

The aim of NiMSA is to unite medical students across Nigeria under one umbrella body, promote academic excellence, advocate for student welfare, and prepare future healthcare professionals to serve humanity with compassion, competence, and unwavering commitment to the Hippocratic Oath.

NiMSA actively engages in transformative community health initiatives, public health advocacy programs, and sustainable healthcare delivery projects across Nigeria

ANTICIPATE IN NIMSA:

Announcing
THE STUDENT DOCTOR 2025 EDITION
Magazine

The long-awaited Student Doctor Magazine (2025 Edition) is here!
Join us for the Grand Official Launch at the International Health & Leadership Summit (IHLS)
5TH DECEMBER, 2025

ASA A PYRAMID HOTEL, KARUNA ESTATE

INSIGHTFUL. INSPIRING. IMPACTFUL.
A celebration of medical students' voices, achievements, and innovations.
Stay tuned for the big reveal!

Nigerian Medical Students' Association
The Official Umbrella Organisation
of the Nigerian University Medical Students' Association

PRESENT
MAK NIMSA
HEALTH WEEK 2026

HOSTING RIGHTS:
LADOKE AKINTOLA UNIVERSITY MEDICAL
STUDENTS' ASSOCIATION (LAUMSA)

The greater city of Ogbomoso reveals the greatness of NiMSA,
dedicated to its members.

NIGERIAN MEDICAL STUDENTS' ASSOCIATION
NATIONAL QUIZ COMMITTEE

NATIONAL QUIZ COMPETITION
Elimination Round

TOP 5 MSA's QUALIFY FOR THE FINAL ROUND

SATURDAY
29TH NOV
2025

4PM
PROMPT

QUIZZYAPP

OSUMSA IN PICTURES



World diabetes day outreach -
November 15th



Ikanoi Giatroi White
Coat Ceremony -
November 18th



Men's Hangout -
November 29th

HEALTH TIPS FOR HARMATTAN SEASON



Harmattan is a season in West Africa that occurs between the end of November and the middle of March. It is characterized by a dry and dusty northeasterly trade wind.

Surviving Harmattan: Health Tips

1. Protect Your Respiratory System •

Harmattan dust can trigger cough, catarrh, asthma, allergies, and worsen respiratory illnesses.

- Wear a face mask or nose cover outdoors.
- Avoid early morning exposure when dust is highest.
- Keep windows closed during dusty periods.
- Use a humidifier or bowl of water indoors.
- Steam inhalation can relieve blocked nose.

2. Stay Well Hydrated • Drink 2–3 litres of water daily.

- Eat fruits with high water content (watermelon, oranges, cucumber).
- Limit excess caffeine and alcohol.

3. Protect Your Skin • Use thick moisturizers (shea butter, coconut oil, petroleum jelly).

- Apply moisturizer after bathing.
- Avoid long hot showers.
- Use mild soaps.

4. Care for Your Lips • Apply lip balm with petroleum jelly or shea butter.

- Reapply frequently.
- Avoid licking your lips.

5. Protect Your Eyes • Wear sunglasses outdoors.

- Use lubricating eye drops if needed.
- Avoid rubbing your eyes.

6. Dress for the Weather • Wear layers in the morning.

- Use socks and warm clothing.

7. Maintain Clean Surroundings • Sweep and mop often.

- Dust furniture and wash bedding frequently.
- Keep food covered.

8. Support Your Immune System • Eat vitamin C-rich fruits.

- Take vitamin C supplements if needed.
- Get adequate sleep.

9. Reduce Fire and Heat Hazards • Turn off electrical appliances not in use.

- Avoid bush burning in windy conditions.
- Keep gas cylinders ventilated.

10. Special Care for Certain Groups •

- Asthmatics: carry your inhaler and avoid dust.
- People with eczema should moisturize regularly



Stay safe, stay healthy.

SPECIAL

Something Medical School Taught Me That Wasn't in the Textbook.



Medical school has taught me many facts about the human body—how the heart works, how infections spread, and how medicines help people heal. But one of the most important lessons I learned never appeared in any textbook. It came from real people, real moments, and real emotions.

I learned that medicine is not just a science; it is also a form of human connection. No chapter explains what to do when a patient is too scared to speak, or when a parent is crying beside a sick child. Standing beside a patient's bed taught me that listening is just as important as diagnosing. Sometimes patients do not remember the medical advice you gave, but they remember how you made them feel—safe, seen, and respected.

Textbooks teach you symptoms and treatments, but they don't teach you patience. They don't prepare you for long nights on the ward, when you are tired but still need to pay attention to every detail. They don't teach you how to manage your own fears while trying to calm someone else's. Those lessons come from experience, from mistakes, and from the quiet moments when you reflect on what you could do better.

Medical school also taught me humility. I realized that even with all the knowledge I have gained, I will never know everything. Some patients will challenge me, some illnesses will confuse me, and some days will overwhelm me. But I learned that it is okay to ask for help and to keep learning. Medicine is a lifelong journey, not a destination.

Most of all, I learned that being a good doctor starts with being a good human being. Kindness, empathy, honesty, and respect can change how a patient feels about their care. These qualities are not written in textbooks, yet they are some of the most powerful tools a doctor can have.

This lesson has shaped the way I see medicine. It reminds me that behind every case file is a person with hopes, fears, and a story. And even though textbooks may guide my hands, these human lessons guide my heart.