

Overcoming various health challenges through research

Research is the art of the soluble. It proffers solutions to myriads of health problems leading to generalizable knowledge. This issue of the journal disseminates information from sixteen research studies that cover the areas of toxicology, non-communicable diseases, infections, dental care and ethnobotany. Starting with avoidable circumstances, Michael and colleagues reported on methanol contamination of locally brewed drink that resulted in high case fatality in Ode-Irele Community of Ondo State. Extremely high levels of methanol and low levels of zinc were found in the sera of the victims. Individuals drinking locally brewed alcoholic drinks should be aware of such risks and, even, possible death. The other manuscript on toxic exposure by Obilor showed evidence of possible endocrine disrupting capacity of bisphenol-A exposure in plastic factory workers. Animal and in-vivo experiments provide foundational evidence for subsequent studies and product development. Four articles report on i) potential damage by trivalent chromium on the rat stomach and possibly the brain; ii) the anticarcinogenic effects of the leaf extract of *Momordica charantia*; iii) *Thonningia sanguinea* as a source of plant antioxidant and iv) the known anti-inflammatory effect of diclofenac emulsion prepared in *Vitellaria paradoxa* (Shea butter).

Early presentation of patients for medical attention was re-echoed by the authors of two articles on non-communicable diseases. The first by Iyare and colleagues who carried out a 10-year review of chemoradiation in head and neck tumors and reported better outcome when the affected individuals presented and commenced therapy early. The concurrent use of chemoradiation was encouraged. The same applied to individuals with acute kidney injury according to findings from a multi-site study by Adelaja *et al.* They also advocated early identification of cases for intensive unit care management. A key component for informed health choices is education which appeared to influence preference for either orthodox or informal maternal facility for ante-natal care and delivery according to Ogedegbe *et al.* Adequate education and counselling are reported to bring about safer and healthier reproductive behaviours by individuals living with the human immunodeficiency virus (Oladoyin and Sekoni). Ifeora *et al.* reported co-infection of Hepatitis B virus with Hepatitis C (5.2%) or delta virus (5.7%) and advocated blood screening to avoid the terrible consequences of such co-infections. Lastly, Abdus-salam and colleagues reported that nosocomial infections affected the healing of repaired urinary fistula. The dexterity of the surgeon is as important as the steps taken to avoid infections.

Ibiyemi and Bankole related enamel defect in primary teeth of 4-year-old children to fluoride contents in tooth paste and in the drinking water while Dosumu *et al.* in 2 separate articles, focused on communication with patients in simple understandable language to ensure adherence to dental care. Combination of verbal and written instructions is even better. Lastly, dermatoglyphic traits have relevance in ethnic identification and have a place in forensic service. Igbigbi excellently show-cased the sub-Saharan African pattern.

These articles should arouse the curiosity of our readers and inspire others to replicate the findings. We encourage our readers to send comments in the form of Letters to the Editor towards initiating interesting intellectual discourse, an essential ingredient for growth of science.

A. Ogunniyi
Editor-in-Chief