

EDITORIAL

Morbid obesity which is associated with various co-morbidities and complications is difficult to treat with non surgical methods as weight loss is not significant and sustainable. Resultantly bariatric surgeries have been described as the preferred method of treatment for morbid obesity. This review by Dodiya-Manuel and Dodiya-Manuel gives an overview of bariatric surgical procedures and the possible outcomes associated with them. It reports that though bariatric surgery is the most effective treatment for morbid obesity producing long lasting weight loss and remission of co-morbidities. Restrictive procedures are more commonly performed because they are simpler and achieve good weight loss in addition to the avoidance of metabolic complications associated with malabsorptive procedures. It advocates that specific criteria must be met and the patient must be motivated and informed before the performance of bariatric surgery for obesity preferably with restrictive procedures.

The prevalence of diabetes mellitus (DM) is increasing globally especially in developed countries. This trend is expected to increase the enormous burden resulting from diabetes and its attendant complications. This study by Umoh et al is designed to provide information on hospitalisation trends and outcomes among diabetic patients through a 5 year retrospective analysis of diabetics admitted into the medical wards of the University of Calabar Teaching Hospital (UCTH) Calabar between January 2006 and December 2010. They observed that diabetes accounted for 9.64% of all medical admissions in the period with hyperglycaemic emergencies and diabetic foot syndrome as the commonest indications. They note that while diabetes is a major cause of hospitalisation in our hospitals, most of the complications are preventable with proper patient education and adherence to management.

Fruit and vegetable consumption is an essential source of vital nutrients for the body's micronutrient requirements. However, the knowledge and intake of this essential aspect of nutrition is globally poor. Banwat et al, report the outcome of a cross sectional descriptive study aimed at assessing the knowledge and intake of vegetables and fruits among adults in Tudun Wada Community of Jos North LGA, Central Nigeria. They note that while the knowledge of the nutritional value of fruits and vegetables is high there is a low level of practice of fruit and vegetable consumption by adults in the study area. They advocate the use of health promotion and education by health workers using the mass media, health talks and one-on-one health education of patients and clients during health facility visits to promote the consumption.

Breast self-examination (BSE) is one of the vital screening techniques for early detection of breast disease and breast cancer, which is the commonest cancer in women. Drs Bell-Gam and Buowari, present the outcome of a cross sectional questionnaire based study evaluating the knowledge and awareness of BSE among women in three local government areas of River state. They report that the awareness and practice of BSE is low and advocate its promotion as a useful strategy in breast cancer and disease awareness and prevention especially where mammography is not readily available.

The supraorbital foramen is a bony elongated path located above the orbit (eye socket) and under the forehead. The supraorbital foramen/notch transmits the supraorbital artery, veins and nerve. Osunwoke et al, carried out a study aimed at determining the anatomical variation in size in respect to gender and content of the supraorbital foramen on 120 human skulls. They conclude that there is no significant difference between the length and width of the supraorbital foramina/notches in both males and females.

Maduforo et al, carried out a study to evaluate the lumbosacral angles of males from the South-South zone of Nigeria in Port Harcourt, in order to determine the normal angle and the age related variations. They studied 100 lumbosacral lateral radiographs of normal subjects from the department of Radiology, University of Port Harcourt Teaching Hospital (UPTH) and measured the lumbosacral angles using the Ferguson's method. They found a mean lumbosacral angle in the sample population to be $36.1^{\circ} \pm 9.41^{\circ}$, with the angle increasing with age up to a maximum in the age group of 36-40 years and remaining fairly constant thereafter until the seventh decade.

Sigmoid volvulus is a surgical condition with high recurrence and mortality rates following non operative decompression of the colon. It is for this reason that definitive surgery is required for effective treatment. Drs Dodiya-Manuel and Fibresima present a case report of a 46 year old man with sigmoid volvulus treated with sigmoidopexy and tube sigmoidostomy. They advocate that sigmoidopexy and tube sigmoidostomy should be considered as an effective option for the surgical treatment of patients who present with sigmoid volvulus without gangrene and recommend large scale case series and comparative studies to evaluate its effectiveness.

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