



SUSTAINING MOMENTUM

THE INNER CIRCLE

**One Sudabelt: How Unity is
Driving Our Next Chapter**

**People & Purpose:
Exploring Wellness,
Passion, Style and
Professional Excellence**

**Healthcare in Action:
Partnerships, Training &
Community Impact Across
Nigeria**

**MAY/JUNE 2026
11TH EDITION**



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Did You Know?

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The role of Continuity in Meaningful Progress

This period of the year offers a useful moment to reflect on the systems that quietly sustain everyday life, and the people whose work ensures continuity even when much of the world pauses. With Workers' Day, Eid al-Adha, and Democracy Day falling within the same window, May and June naturally bring together themes of service, responsibility, and renewal.

Within healthcare, these themes take on a practical meaning. Progress is not only defined by innovation or major milestones, but by how consistently care is delivered, how reliably systems respond under pressure, and how evenly access is distributed across communities. Equity in healthcare is ultimately reflected in outcomes that feel tangible: timely diagnosis, dependable treatment pathways, and the assurance that quality care is not limited by circumstance or geography.

This midpoint of the year also creates an opportunity to step back and assess momentum. In fast-evolving healthcare environments, continuity is often the most critical factor in sustaining progress. It is built through coordinated effort across multiple layers of the system: clinical professionals, technical teams, administrators, and partners like Sudabelt Medical who ensure that operations remain steady and responsive.

At Sudabelt Medical, this understanding continues to guide our work within the broader healthcare ecosystem. Our focus remains on strengthening the connection between innovation and real-world delivery. Through ongoing partnerships and engagement with global technological leaders, we continue to support efforts that enhance capability, efficiency, and reach across healthcare systems.



Nwamaka Onwuakagba

MANAGING EDITOR/MARKETING MANAGER



As we move into the second half of the year, this edition of The Inner Circle reflects on continuity as a defining principle of progress. It is a reminder that meaningful advancement is rarely sudden; it is built steadily through consistency, collaboration, and a shared commitment to improving outcomes where it matters most.

FROM SILOS TO SOLUTIONS - THE POWER OF #ONE_SUDABELT



Dear Sudabeltans,

As we close another quarter, I want to speak to one reality we all see and one truth that will carry us forward: no team succeeds alone.

At Sudabelt Medical Company Ltd, we are not a hospital. But what we do matters just as much. We supply the equipment that saves lives. We deliver the consumables that keep clinics running. We provide the parts, services, trainings, and projects that allow healthcare providers to do their best work.

From the warehouse in Lagos, to the service engineers in the field, to sales, finance, P&C, and projects — our work is a chain. And the strength of that chain depends on how well we connect.

That is why our focus this quarter, and going forward, is simple: From Silos to Solutions.

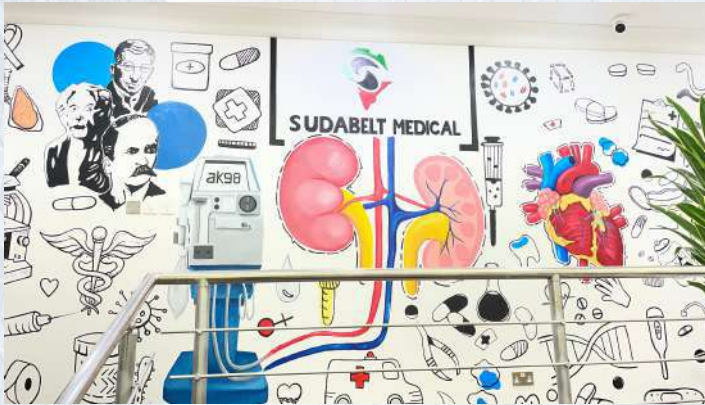
#OneSudabelt: One Team, One Mission

#OneSudabelt is more than a hashtag. It is how we choose to work.

LEAP: How Management is Investing in You. To make #OneSudabelt real, management has committed to LEAP:

- **L** - Leadership: We have rolled out leadership trainings across levels. Because leadership is not about titles. It's about ownership. Whether you lead a team or lead your own task, we are equipping you to make better decisions.
- **E** - Empowerment: We are investing in you through training, development, salary upgrades, and well-deserved promotions. When you grow, Sudabelt grows.
- **A** - Automation: We have automated key tasks through our Odoo ERP system. This is to reduce manual work, cut errors, and free you up for higher-value work that only humans can do.
- **P** - Productivity: Our goal is improved productivity — not by pushing harder, but by working smarter. That productivity will come from efficiency, loyalty, commitment, leadership, and above all, collaboration and teamwork.

Our Commitment from People & Culture



The People and Culture Unit will continue to uphold utmost professionalism in all we do. We remain committed to inclusion, diversity, and equity/equality for every staff member. Different backgrounds, different roles, same opportunity to contribute and to grow.

There are challenges ahead — in the market, in supply chains, in customer expectations. But there is also so much hope.

I assure you on behalf of management: better days are ahead. As we continue to LEAP together, as we choose collaboration over silos, and as we live #OneSudabelt every day, Sudabelt Medical will keep raising the standard in healthcare solutions across the region.

**Thank you for your
commitment.**

**Thank you for your
service.**

**Let's keep building
— together.**

#OneSudabelt



Allan Alberto-Klein
EDITOR-IN-CHIEF/OPERATIONS DIRECTOR

"In the quiet rhythm of expectant hearts, knowledge should flow like gentle streams. Yet too often, wisdom stays locked in halls, while mothers walk paths unlit by guidance. To bridge this silence, we must teach not one, but all who stand beside her — for safe journeys are made together and not by walking alone."



Bridging the Gap in Antenatal Teaching in Nigeria

Nigeria continues to face one of the world's highest maternal mortality rates, partly due to a gap between hospital-based teaching and the real needs of pregnant women. While antenatal attendance has significantly improved over the years, many women leave without vital knowledge about nutrition, danger signs, mental health, or even government policies and the rights they have.

The Missing Link

Hospitals often focus on clinical care but neglect structured education. Antenatal care is recommended to start before 12 weeks of pregnancy because early visits allow doctors to establish a baseline, detect risks, and begin essential interventions such as the use of supplements, infection prevention, and genetic screening. However, in most medical facilities in Nigeria, surveys have shown that pregnant women are required to come in at 12 weeks. Starting later reduces the effectiveness of these measures and increases maternal and fetal risks. This gap in knowledge leaves women uninformed, while family members who play a central role in decision-making remain unaware of how to support safe pregnancy and delivery.

Why Support Care Providers Matter

- **Shared responsibility:** Partners and relatives influence health choices; a better-informed partner is a powerful ally.
- **Emergency readiness:** Families arrange transport and finances during crises but leave out the technical know-how of what to do, how urgent decisions need to be made, and the consequences associated with delay.
- **Mental health support:** Emotional care is stronger when loved ones understand risks.

Recommendations

- **Open antenatal classes:** Invite partners and caregivers to sessions together or in separate classes simultaneously.
- **Community outreach:** Extend teaching to homes and local centers.
- **Policy integration:** Mandate family involvement in national guidelines.
- **Localized materials:** Use local languages and culturally relevant case studies.

Conclusion

By opening antenatal teaching to both pregnant women and their primary support care providers, Nigeria can strengthen family-centered care, improve emergency response, and reduce maternal deaths. Hospitals must improve antenatal education because informed families help save lives.



Rebecca Itebu

WAREHOUSE & INVENTORY MANAGER

Further Reading

- *Assessing Focused Antenatal Care Awareness and Utilization Among Pregnant Women in Enugu State, Nigeria: A Cross-Sectional Survey.* Cherechi O. Nwabueze, et al. (2023)

ANNIVERSARY SALE

Discount on selected
consumables

Valid until 30th
September, 2026



Email info@sudabelt.com to request pricing list and place orders.

SPOTLIGHT EMPLOYEE

Ibrahim Badmus

Business Development Manager - IVD

We are excited to celebrate Ibrahim Badmus, our outstanding Business Development Manager – IVD, as our **Spotlight Employee of this issue!**

Ibrahim Badmus is a dynamic healthcare business professional with a strong academic and analytical background. He holds a degree in Mathematics, is a certified Business Analyst and Data Analyst, and recently completed his MBA, equipping him with a unique blend of quantitative, strategic, and leadership skills.

With extensive experience in the medical diagnostics and healthcare industry, Ibrahim has successfully driven business growth, market development, and strategic partnerships across laboratory diagnostics, medical equipment, and healthcare solutions. He is passionate about leveraging data-driven insights to solve business challenges, improve decision-making, and create value for customers and stakeholders.

Known for his commitment to continuous learning and excellence, Ibrahim combines analytical thinking with practical business acumen to deliver impactful results. He is dedicated to advancing healthcare access and innovation while fostering strong professional relationships and contributing to organizational growth.

Outside of work, Ibrahim enjoys learning, mentoring others, and exploring innovative solutions that drive both personal and professional development.

WORKING WITH PASSION, NOT PERSONALIZATION

Every workplace thrives on people who care. People who go the extra mile, take ownership of their responsibilities, and strive for excellence are often the driving force behind an organization's success. However, there is a fine line between being committed to our work and becoming emotionally attached to it. Being emotionally invested in delivering quality results is healthy. Taking work personally is not.

In today's fast-paced and demanding work environment, employees are constantly faced with deadlines, feedback, changing priorities, and occasional disagreements. While these are normal aspects of professional life, they can become sources of stress when we begin to interpret them as personal judgments rather than business realities.



The Difference Between Commitment and Personalization

Commitment means caring deeply about the quality of your work, supporting your team, and pursuing organizational goals with diligence and professionalism.

Personalization, on the other hand, occurs when we tie our self-worth too closely to workplace outcomes. A rejected idea becomes a personal rejection. Constructive feedback feels like a personal attack. A challenging conversation is interpreted as a lack of appreciation. When this happens, work can become emotionally exhausting, leading to frustration, resentment, and burnout.

Why We Shouldn't Take Work Personally

Most workplace decisions are made based on business needs, priorities, timelines, budgets, and organizational objectives. They are rarely reflections of an individual's value or capability.

A project may be delayed, a proposal may be revised, or a decision may not go in our favor, not because our efforts lack value, but because organizations must balance multiple considerations when making decisions.

Understanding this distinction helps us maintain perspective and respond professionally rather than emotionally.



Passion Without Toxicity

There is often a misconception that the most dedicated employees are those who are constantly available, emotionally consumed by work, or willing to sacrifice their well-being indefinitely.

True professionalism is not measured by exhaustion. Passion is showing up consistently and giving your best effort. Toxic dedication is feeling guilty for resting, being unable to disconnect from work, or allowing workplace challenges to affect every aspect of your life.

The most effective professionals understand that sustained performance requires balance. They know when to push hard, but they also recognize the importance of rest, reflection, and maintaining healthy boundaries.

Building a Healthier Relationship with Work

A few simple practices can help maintain this balance:

- Focus on solutions rather than assigning blame.
- Accept feedback as a tool for growth rather than criticism.
- Separate your identity from your role.
- Celebrate achievements but do not allow setbacks to define you.
- Maintain interests and relationships outside of work.
- Remember that excellence is a journey, not a constant state of perfection.



Samuel Eseyin
PRINCIPAL ACCOUNTANT

A Final Thought

Work is an important part of our lives, but it should not become our entire identity.

The goal is not to care less. The goal is to care wisely.

Bring your passion, your dedication, your professionalism, and your best efforts to work each day. Strive for excellence, support your colleagues, and take pride in what you do. At the same time, remember that your value extends far beyond any single project, decision, or outcome.

When we learn to work with commitment rather than emotional attachment, we become more resilient, more effective, and ultimately more fulfilled—both professionally and personally.

Sales as a Noble Profession: Driving Healthcare Excellence at Sudabelt Medical Co. Ltd.

Introduction

Sales is often viewed primarily as a business function focused on generating revenue. However, its true value extends far beyond transactions. As a profession, sales plays a critical role in connecting people with products and services that meet their needs, solve problems, and improve lives. In the healthcare sector, this role is even more significant because access to quality medical products can directly influence patient care and health outcomes.

At Sudabelt Medicals Co. Ltd., sales is more than a commercial activity—it is a mission-driven profession that supports healthcare delivery by ensuring that healthcare providers have access to reliable medical solutions and exceptional service.

Sales as a Noble Profession

A profession is considered noble when it contributes positively to society, and sales fulfills this role in several important ways. First, sales helps solve problems by identifying customer needs and providing suitable solutions. Rather than simply promoting products, professional salespeople seek to understand challenges and recommend options that create value. In healthcare, this means helping hospitals, clinics, laboratories, and pharmacies access products that support quality patient care.



Second, sales builds trust and long-term relationships. Successful sales professionals act as advisors and partners, fostering confidence through honesty, reliability, and consistent service. These relationships benefit both customers and organizations and are essential for sustainable growth.

Third, sales contributes significantly to economic development. By generating revenue, supporting business growth, encouraging innovation, and creating employment opportunities, sales helps drive economic progress. Without effective sales, even the most innovative products may never reach the people who need them.

Finally, sales creates value for society. In healthcare, sales professionals play an indirect but meaningful role in improving health outcomes by ensuring that quality medical products are available where and when they are needed.

How Sudabelt Medicals Leverages Sales Excellence

Sudabelt Medicals Co. Ltd. has built its reputation by embracing a customer-focused and ethical approach to sales. The company prioritizes understanding the needs of healthcare professionals and institutions, enabling it to provide solutions that address both clinical and operational requirements. This customer-centric approach strengthens trust and fosters long-term partnerships.

Sudabelt Medicals also emphasizes the delivery of quality medical products that healthcare providers can depend on. By focusing on reliability, value, and effectiveness, the company enhances customer confidence and supports improved healthcare delivery.

Strong relationship management is another key pillar of the company's success. Through continuous engagement, timely support, and responsive communication, the sales team maintains productive relationships that encourage customer loyalty and mutual growth.

In addition, Sudabelt Medicals uses market insights and innovation to identify emerging opportunities and respond to changing customer needs. This proactive approach helps the company remain competitive in a dynamic healthcare environment.

Equally important is the company's commitment to ethical business practices. Transparency, integrity, and accountability guide all customer interactions, reinforcing the trust that customers place in the organization.



Collins Obiorah

NATIONAL SALES MANAGER

Conclusion

Sales is a noble profession because it connects solutions with needs, builds lasting relationships, supports economic growth, and contributes to societal well-being. In the healthcare industry, its impact is particularly significant because it helps ensure that quality medical products reach those who depend on them.

Through customer-focused service, quality products, ethical conduct, and strong professional relationships, Sudabelt Medicals Co. Ltd. demonstrates how sales can be a powerful force for both business success and improved healthcare outcomes. Every successful sale represents more than a transaction—it is a meaningful contribution to better healthcare and a healthier society.



**Favour Ogeki**

EMPLOYEE SERVICES & WELFARE OFFICER

Workplace Etiquette Corner: **The Little Things Matter**

Have you ever noticed how a simple "good morning," arriving on time for a meeting, or replying to an email promptly can brighten someone's day or make work run more smoothly? Workplace etiquette isn't about following rigid rules, it's about showing respect for the people we work with.

Whether you're sending an email, joining a meeting, or giving feedback, think about how your words and actions affect others. Be clear, be kind, and listen as much as you speak. When offering feedback, focus on helping someone improve, not pointing out faults.

Professionalism also shows in how we present ourselves and how we treat colleagues, customers, and visitors. Small habits like keeping commitments, communicating respectfully, and being willing to support one another build trust over time.

At Sudabelt, every interaction contributes to the culture we're creating. By paying attention to the little things, we make our workplace more positive, collaborative, and enjoyable for everyone. After all, great workplaces aren't built by policies alone, they're built by people.

Specifications

- **Systems:** Portable (ESP30) or Desktop (ESP20)
- **Video Output:** HD via HDMI
- **Sterility:** 100% sterile, single-use

enScope™

Single Use Digital Flexible Ureteroscope

The enScope™ flexible ureteroscope provides high-definition digital imaging and exceptional maneuverability for efficient stone management. Its sterile, single-use design eliminates reprocessing, minimizes infection risk, and delivers consistent performance in every procedure.



- **275° Dual-Direction Deflection** – Easily reaches difficult lower-pole stones.
- **7.5Fr Clearance Channel** – Enhances irrigation and debris evacuation.
- **HD Digital Imaging** – Delivers sharp visuals with a 120° field of view.
- **Ergonomic Rotation Control** – 60° rotation knob improves handling and reduces fatigue.
- **Dual-Endoscope Support** – Instantly switches between two connected scopes.



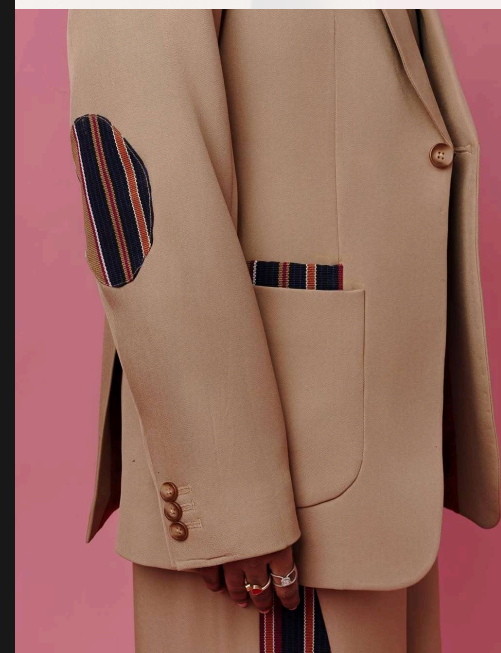
[NiNiE on Instagram](#)



[dvelab on Instagram](#)

BLENDING IDENTITY & PERSONAL STYLE WITH CORPORATE

For many professionals across Nigeria and Africa, cultural expression in the workplace is nothing new. Traditional attire has long been part of corporate life, worn to important meetings, industry events, celebrations, and the familiar Friday office culture. From agbada and kaftans to tailored dresses, African fashion has always occupied a place within professional settings.



[NiNiE on Instagram](#)

A generation redefining style not by how well they fit the mold, but by how beautifully they expand it.



[THIS IS US™ on Instagram](#)

What is changing, however, is how professionals are choosing to express their personal style. Beyond designated cultural days or formal occasions, there is a growing confidence in incorporating elements of African style into everyday workwear. Vibrant prints, contemporary interpretations of traditional fabrics, bold accessories, and innovative tailoring are finding their place alongside more conventional corporate staples.

This shift is less about fashion trends and more about personal expression. It reflects a generation of professionals who are increasingly comfortable bringing more of themselves into the spaces they occupy. Rather than separating professional identity from cultural identity, many are choosing to blend the two in ways that feel authentic and intentional.

The result is a broader and more dynamic understanding of workplace style. A corporate wardrobe can be both professional and expressive, structured and creative. It can honour tradition while embracing modernity. Most importantly, it can reflect the individuality of the wearer

As African professionals continue to shape industries, lead organisations, and contribute to global conversations, their personal style evolves alongside them. The modern workplace no longer demands a single visual identity. Instead, it creates space for diverse expressions of professionalism; ones that acknowledge that culture, heritage, and personal style are not separate from professional life, but an integral part of it.



Nwamaka Onwuakagba

MANAGING EDITOR/MARKETING MANAGER



[THIS IS US™ on Instagram](#)

In many ways, fashion remains one of the simplest yet most powerful ways we tell our stories. And increasingly, those stories are being told with confidence, creativity, and a deep connection to identity.

SPECTRA OPTIA® APHERESIS SYSTEM

AUTOMATED INTERFACE MANAGEMENT (AIM™)

Continuously monitors, interprets, and adjusts the interface between blood components during separation. This delivers high efficiency while maintaining operator oversight and patient safety

HIGH PLASMA REMOVAL EFFICIENCY (PRE)

Achieves approximately 87% ($\pm 3\%$) mean plasma removal efficiency in Therapeutic Plasma Exchange (TPE/plasmapheresis), typically requiring only 1.15 total blood volumes (TBVs) to remove one plasma volume

LOW EXTRACORPOREAL VOLUME (ECV)

Typical ECV around 141–191 mL (procedure-dependent), making it suitable for a broader range of patients, including smaller individuals

OPTIMIZED FLUID BALANCE AND MINIMAL CELL LOSS

Features precise pump control, low median platelet loss ($\sim 1.0\%$ in TPE), and flexible inlet flow rates (e.g., 5–142 mL/min depending on protocol)

VERSATILE PROTOCOLS

Supports Therapeutic Plasma Exchange (TPE), Red Blood Cell (RBC) exchange/depletion, Mononuclear Cell (MNC) collection, Granulocyte collection, and more – all on a single platform. It also integrates with secondary plasma devices for specialized treatments

USER-FRIENDLY DESIGN

Intuitive color touch-screen GUI, compact and maneuverable (weight ~ 92 kg / 202 lb.; dimensions allow easy transport and storage), with telescoping IV pole and foldable screen



WORLD BLOOD DONOR DAY

Maximizing Every Drop: Technical Insights into Spectra Optia Performance

As we celebrate World Blood Donor Day this June, let us look at how the TERUMO SPECTRA OPTIA Apheresis System is helping in making this a success.



The Spectra Optia uses continuous-flow centrifugation combined with advanced optical detection technology (Automated Interface Management or AIM™ system) to separate blood components in real time with exceptional precision and safety.

These capabilities enable one donor session to yield specific high-value components (e.g., platelets, plasma, stem cells, or granulocytes) in larger quantities than standard whole blood donation, maximizing the benefit per donation while minimizing donor burden.

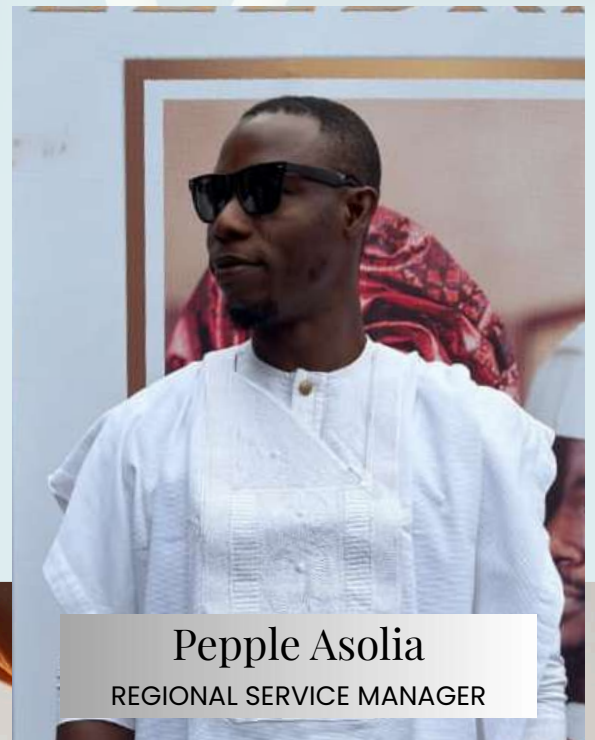
Real-World Impact on Patient Care

Apheresis procedures on systems like the Spectra Optia are critical for:

- Therapeutic Plasma Exchange (TPE): Rapidly removing harmful antibodies or substances in conditions like Guillain-Barré syndrome (GBS), myasthenia gravis (MG), and other autoimmune disorders. The system has specific indications and strong clinical performance data.
- Cell Collections: Supporting hematopoietic stem cell transplants, CAR-T and gene therapies (with data-driven optimizations improving yields), and granulocyte transfusions for severely neutropenic patients.
- RBC Exchange: Essential for managing sickle cell disease and other hemoglobinopathies.

By improving efficiency, safety, and customization, the Spectra Optia helps blood centers and hospitals deliver better outcomes while making the most of every donor's "drop of humanity."

Thank You, Blood Donors!



Pepple Asolia
REGIONAL SERVICE MANAGER

"The desire for a child is a result of individual development. It does not exist from birth but usually increases as time passes"

THE PSYCHOLOGY OF FERTILITY

The wish for a child is not only a deeply felt need originating from individual instincts. It also depends on:

- The development of individual personality
- Sociocultural processes
- Economics factor
- Individual biographical changes
- Faye
- Interpersonal processes between partners
- Family dynamics



Alexander Udoh

REGIONAL SALES MANAGER

These psychosocial factors moderate the wish for a child. If the wish is not fulfilled and an infertility problem becomes apparent, this may result in a "narcissistic wound" that diminishes self-confidence. Hopelessness may arise. The individual may express feelings of guilt. There may be desperation and grief. The problem of infertility becomes a problem within the relationship of partners.

During the last two decades, great advances have been made in the field of assisted reproductive technology (ART). Treatments such as in vitro fertilization (IVF) and microinjection (ICSI) have given new hope to many infertile patients.

There is a danger that the emotional impact of infertility is neglected, and the problem is reduced to a biological or medical one.

However, in addition to the necessary medical procedures, one should also focus on:

- | | |
|--|--------------------------|
| -Understanding childlessness | -Support counselling |
| -Giving information and ensuring it is processed | -Therapeutic counselling |
| -Implication counselling | |

These guidelines have been set up in order to provide a framework for counselling in infertility. We are very much aware that counselling is dependent upon the legal, ethical, and cultural background of every country.

A person suffering from infertility will face complex issues that span biological, psychological, social, and ethical domains. Discussion of these issues in a counselling context is often beneficial.

Counselling that focuses on information and implications should assist the patient in making decisions about the most appropriate course of action. It should be distinct from more legal concepts of informed consent.



Implications counselling should focus on the specific meaning of any information to the individual and highlight the consequences of treatment decisions.

Support counselling aims to give emotional support to patients experiencing distress. Distress can be caused by frustration if the desire for a child, solid - Family pressure as well as by the reproductive technology employed, as it's limited success rate. Such distress motivates the need for emotional support from many sources (such as family members, partners, support groups).

THERAPEUTIC COUNSELLING

Within infertility, there is often a natural progression from support counselling to therapeutic counselling have been developed over the years

THERAPEUTIC COUNSELLING can focus on:

- Reflection of individual problems and family history
- The acceptance of the situation
- The meaning and impact of infertility
- The development of coping strategies and strategies to minimise stress.
- Problem and conflict solving
- Specific issues such as sexual, marital, and other interpersonal problems.

Starting a family is imagined as a natural progression, but for many couples/individual conception cannot happen as easily as expected. The use of Biological processes as assisted conception methods becomes inevitable, as principal amongst these is the in-vitro fertilization (IVF)

it has become a cornerstone in modern fertility care, offering hope when others prove difficult. Yet IVF is rarely the first step in fertility management. It's important to understand when it becomes a realistic option and what the journey entails.

When to Consider IVF:

Clinicians typically recommend IVF in specific situations:

1. Male infertility: Structural problems in the reproductive organs or abnormal sperm parameters that make natural conception unlikely.
2. Female Infertility: Ovulation disorder, blocked or absent fallopian tubes, uterine abnormalities, hormonal imbalance, or age-related decline in fertility.
3. Unexplained Infertility: When no clear cause is found, but conception has not occurred after prolonged attempts.
4. Genetic Concern: IVF with genetic testing may be used to avoid the transfer of certain conditions, such as sickle cell disease.

Emotional or Financial Realities

IVF is not just a medical procedure; it's an emotional journey-couples/individual often face:

1. Emotional Highs and Lows: Hope, anxiety, and sometimes disappointment
2. Financial Strain: For some, IVF can have a great impact on their finances.
3. Multiple Attempts: Success may require more than one cycle, adding to both emotional and financial burdens.

Acknowledging these realities helps couples prepare for the challenges ahead.

Facing infertility can feel isolating, but your hope and frustration are valid. With science on your side and resilience in your heart, IVF opens the door to the family you've been dreaming of.

Building a Healthier Future, One Small Choice at a Time

Why the most powerful tool in medicine isn't a machine — it's a habit.

Ask anyone who's been blindsided by a health scare, and they'll often say the same thing: looking back, there were signs. Hypertension, diabetes, kidney disease, heart conditions — many of today's biggest health threats build quietly in the background, with few symptoms until they've already taken hold. The good news is that prevention doesn't require a medical degree. It asks for a handful of consistent habits and a willingness to pay attention before a problem demands it.

Why Catching It Early Changes Everything

Think of preventive care as routine maintenance rather than crisis management. A blood pressure check costs a few minutes; an unmanaged decade of high blood pressure can cost a heart, a kidney, or far more. We see this play out across the hospitals and clinics we work with every day.

Beyond the personal toll, early detection changes the math for everyone involved: shorter treatments, smaller bills, and more good years for patients and the families around them.



Know Your Numbers

Most chronic diseases leave clues long before it leaves symptoms — which is exactly why routine check-ups matter more than they get credit for. A short list of recurring tests does most of the heavy lifting:

- Blood pressure and blood sugar
- Kidney function and lipid profile
- Weight, BMI, and cancer screening were indicated

None of these requires a hospital admission. They require a calendar reminder and a willingness to show up, even when nothing feels wrong.

Prevention is not a one-time event — it's a continuous investment in life.



Eat Well, Move Often

Nutrition and movement do more preventive work than almost anything else available to us, and neither requires a gym membership nor a strict diet. Favoring fruits, vegetables, and whole grains over processed food, easing up on salt and sugar, staying hydrated, and getting roughly 30 minutes of movement most days cover most of what the body actually needs to stay resilient.

Protect Your Heart and Kidneys

Heart disease remains one of the world's leading causes of illness, and kidney disease has a habit of progressing in near silence. Both respond well to the same quiet discipline: monitor blood pressure, manage blood sugar, avoid tobacco, limit alcohol, stay hydrated, and resist the urge to self-medicate when something feels slightly off. A timely conversation with a clinician is almost always cheaper in every sense than a delayed one.

Rest, Reset, Recharge

Sleep and mental wellness are easy to deprioritize and expensive to neglect. Consistent sleep schedules, a workable balance between work and rest, and simply asking for support when things feel heavy all feed back into physical health in ways that are easy to underestimate.

PREVENTION TODAY. HEALTHIER TOMORROW.

Small, consistent choices today build the healthier communities of tomorrow.



Stay a Step Ahead

Vaccination remains one of the most effective preventive tools available, for children and adults alike. A quick check-in with a healthcare professional about which immunizations are due is a small task with outsized protective value.



Etienne Samuel
MODALITY MANAGER (RENAL)

Grilled Lemon Herb Fish with Jollof Quinoa

Enjoy the rich, smoky flavours of traditional jollof with a twist. By substituting rice with quinoa, this dish offers a protein and fibre-rich alternative that is ideal for individuals managing dietary restrictions, blood sugar levels, or simply seeking more nutritious meal options.

Ingredients

For the Jollof Quinoa

- 1 cup quinoa, rinsed
- 3 medium tomatoes, blended
- 1 red bell pepper
- 1 small onion
- 1 tbsp tomato paste
- 1 tbsp vegetable oil
- 1 tsp thyme
- 1 tsp curry powder
- Salt and seasoning to taste

For the Fish

- 2 fish fillets
- Juice of 1 lemon
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Mixed herbs, salt, and pepper to taste



Method

1. Prepare a jollof base by sautéing onions, tomato paste, and blended peppers until reduced
2. Add quinoa, seasoning, and water, then simmer until cooked
3. Marinate the fish with lemon juice, garlic, herbs, and seasoning
4. Grill or bake until golden and serve alongside the jollof quinoa



Healthy eating doesn't mean giving up the foods you love; it means finding nutritious ways to enjoy them.

– By Nwamaka Onwuakagba

*Recipe inspiration adapted from:
[The Vegan Nigerian – Jollof Quinoa Recipe](#)*

Did You Know?

Your brain processes images approximately 60,000 times faster than text, making visuals one of the most powerful forms of communication. Studies have shown that the human brain is naturally wired to recognize and interpret visual information almost instantly. This explains why images, videos, infographics, and short-form visual content dominate today's digital landscape and social media platforms.

A picture isn't just worth a thousand words, it may also be remembered much longer.

Your brain processes images approximately 60,000 times faster than text



Visual content not only captures attention more effectively but also improves understanding and retention. People are far more likely to remember information when it is presented alongside relevant visuals, making images an essential tool for learning, storytelling, and communication. This is why industries such as healthcare, education, and marketing increasingly rely on visual aids to simplify complex information and engage their audiences.

In today's fast-paced world, where people are constantly exposed to large amounts of information, compelling visuals help messages stand out, drive engagement, and create lasting impressions. Whether it is a social media campaign, a healthcare awareness initiative, or a corporate presentation, the right visual can communicate a message more quickly and effectively than words alone.



Grace Koumassi

PROD. COORDINATOR/MARKETING ASSOCIATE

New Look!

For the past ten years, Sudabelt Medical has partnered with healthcare providers across Sub-Saharan Africa, supporting excellence in patient care and clinical innovation. As we celebrate this significant milestone, we are proud to unveil a renewed visual identity that reflects both our journey and our vision for the future.

Over the years, Sudabelt Medical has evolved from a medical equipment provider into a trusted healthcare infrastructure partner, delivering end-to-end solutions across the healthcare continuum. From facility planning and technology integration to training, technical support, consumables, and long-term after-sales service, we remain committed to partnering with our clients every step of the way.

While our identity has evolved, our purpose remains unchanged: advancing healthcare excellence across Africa.



New look. Same commitment. Our new logo is officially here!

Celebrating Success and New Beginnings! 🎉

Allan Alberto-Klein, Operations Director

We proudly congratulate our Operations Director, Mr. Allan Klein, on earning his Master of Business Administration (MBA) with Distinction and an exceptional 5.0 CGPA from Miva Open University.

This outstanding achievement reflects his dedication to excellence, continuous learning, and exemplary leadership. His accomplishment is an inspiration to the entire Sudabelt team and a testament to the culture of excellence we uphold.

Congratulations on this remarkable milestone, and we wish you continued success in the years ahead.



Tolulope Olokede, Customer Relationship Manager

We extend our heartfelt congratulations to Tolulope Olokede, Customer Relationship Manager, on her wedding. This joyous occasion marks the beginning of a beautiful new chapter filled with love, partnership, and shared dreams.

The entire Sudabelt family wishes Tolulope and her husband a lifetime of happiness, peace, and abundant blessings as they embark on this wonderful journey together. Congratulations on this special milestone, and may your union be filled with enduring love and joy. 💍🎉

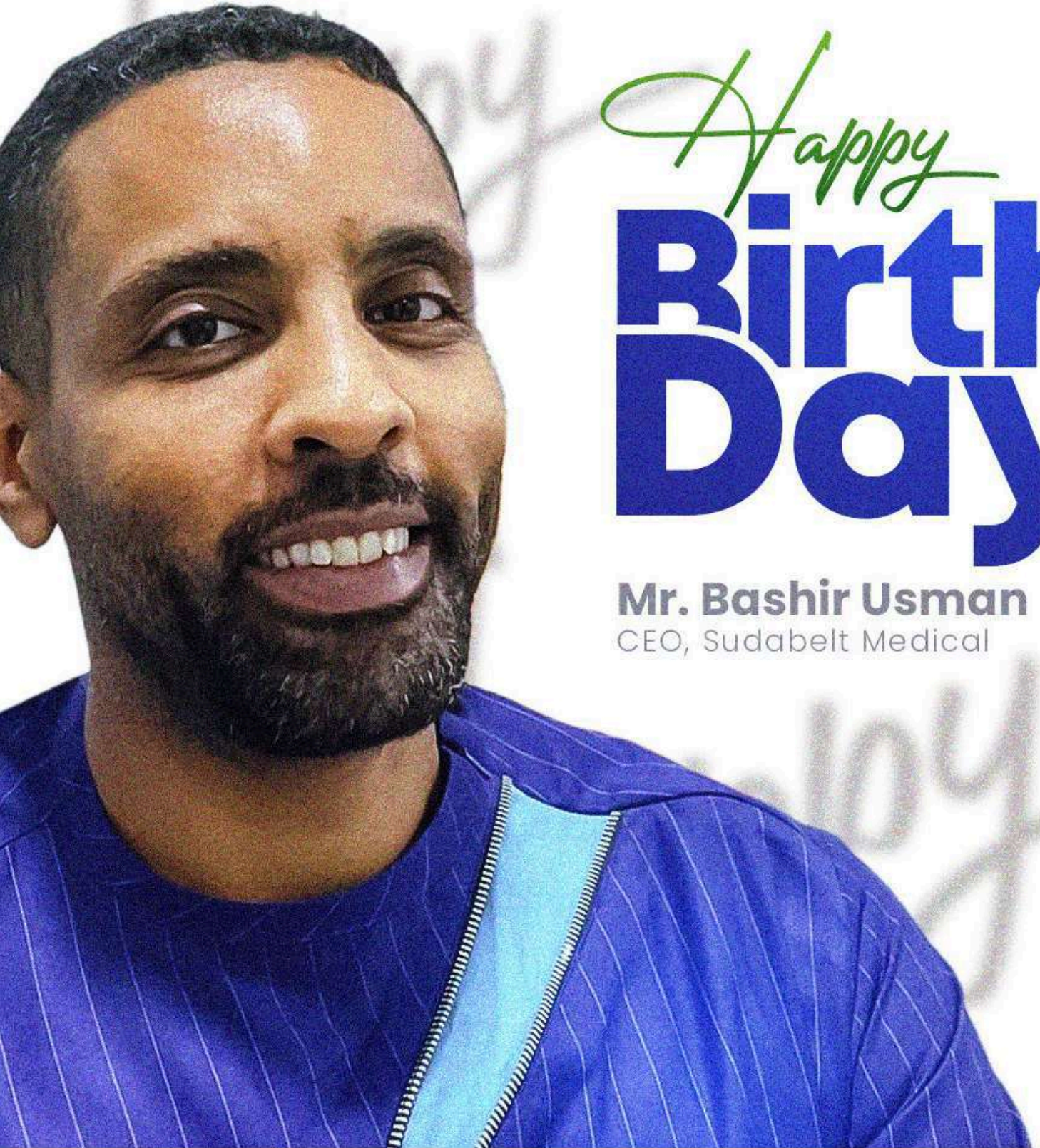
Sarah Medayed, Sales and Application Specialist

We are delighted to celebrate Sarah Medayed, Sales and Application Specialist, on her wedding. Her union with her husband is a beautiful testament to love and commitment.

As Sarah begins this exciting new chapter, the Sudabelt family wishes the newlyweds a marriage filled with joy, grace, prosperity, and enduring love.

Congratulations on this beautiful milestone. May your home be filled with love, laughter, and lasting happiness as you embark on this wonderful journey together. 💍✨





Happy
**Birth
Day**

Mr. Bashir Usman
CEO, Sudabelt Medical

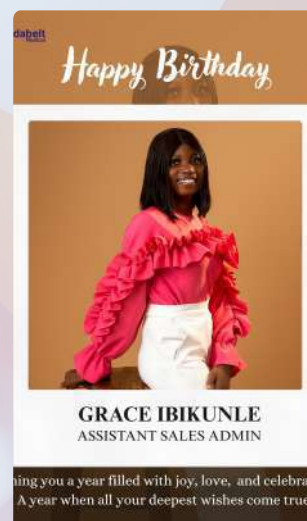
CHEERS TO ANOTHER YEAR

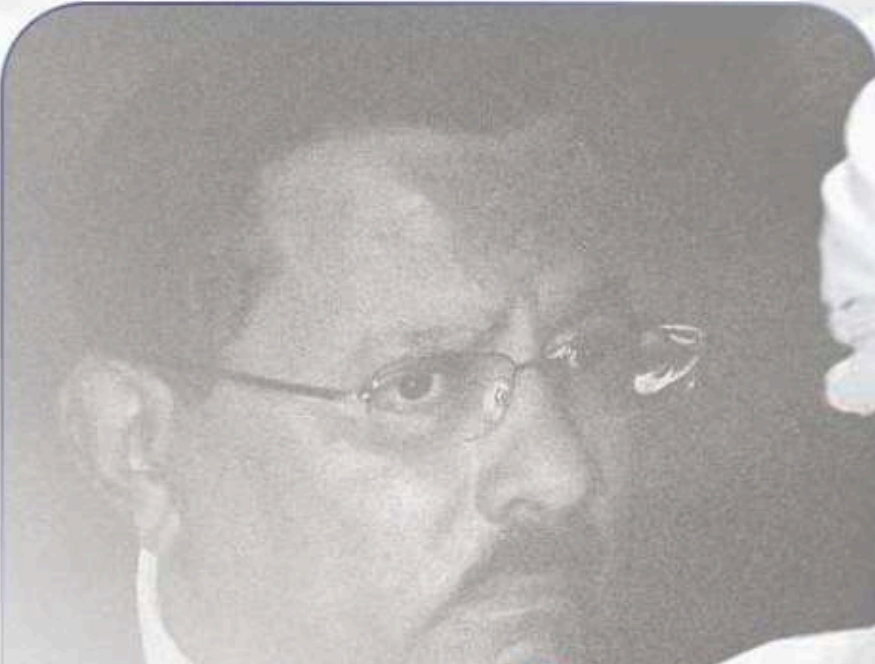
Happy Birthday Celebrants!

We are delighted to celebrate our colleagues born in May and June: Mr Bashir Usman, Emmanuel Iheanyi Opara, Heart Godfrey Ukere, Stacy Nwanma Ishaya, Collins Obiora Ugwuoke, Nwamaka Onwuakagba, Augustina Omonzusi Aluya, Grace Ifeoluwa Ibikunle, Asolia Pepple, and Nestor Dickson Baride.

The entire Sudabelt family wishes you all a wonderful year filled with joy, good health, success, and countless blessings. May this new chapter bring exciting opportunities, personal growth, and memorable moments with family, friends, and colleagues.

Happy Birthday, and we wish you continued happiness and prosperity in the year ahead!





In Loving Memory

LATE MR.

MOHAMMED
USMAN ELTAYEB

Founder & ex-Chairman
of Sudabelt Medical Company Ltd.

STRESS-FREE ADVENTURE
UNFORGETTABLE MEMORIES

Inna lillahi wa inna ilayhi raji'un.

One year since the passing of our beloved Founder and former Chairman. Though time has passed, his kindness, wisdom, and unwavering dedication continue to inspire us every day.

We remember a man whose life touched many, whose leadership was guided by compassion, and whose legacy lives on through the people and values he nurtured. As we reflect with love and gratitude, we pray that Allah forgives his shortcomings, expands and illuminates his grave, and grants him the highest place in Jannatul Firdaus.

You are deeply missed, fondly remembered, and forever honored.

May Allah grant you eternal peace.



Advancing Healthcare Through Partnerships and Impact

May/June 2026 was a significant period for Sudabelt Medical as we strengthened our commitment to healthcare advancement across Africa.

In Abuja, Sudabelt partnered with key stakeholders to support Nigeria's First Clinical Apheresis Training Academy, a landmark initiative aimed at equipping healthcare professionals with specialized knowledge in therapeutic apheresis and advanced patient care.

We also participated in WHX Lagos 2026, engaging with healthcare leaders, showcasing innovative solutions, and strengthening strategic partnerships across the region.

Looking ahead, Sudabelt in partnership with the Noella Foundation, and O.N.I. Foundation will launch the Sick Cell Screening & Apheresis Access Initiative in July 2026, providing free screening, counselling, health education, and referral services to improve awareness and access to care for individuals living with sickle cell disease.

These initiatives reflect our continued commitment to building capacity, fostering partnerships, and advancing healthcare excellence across Africa.





Reliable Supply. Trusted Quality.

Quality Consumables for Every Stage of Patient Care

At Sudabelt Medical, we understand that exceptional healthcare goes beyond equipment. That's why we provide a comprehensive range of high-quality consumables designed to support seamless clinical operations across multiple specialties.



Blood & Cell Technologies

Apheresis kits, blood collection and processing consumables, tubing sets, and accessories.



Renal, Critical Care & Patient Monitoring Solutions

Dialyzers, bloodlines, concentrates, catheters, fistula needles, monitoring accessories, , etc.



Ultrasound & Diagnostic Imaging

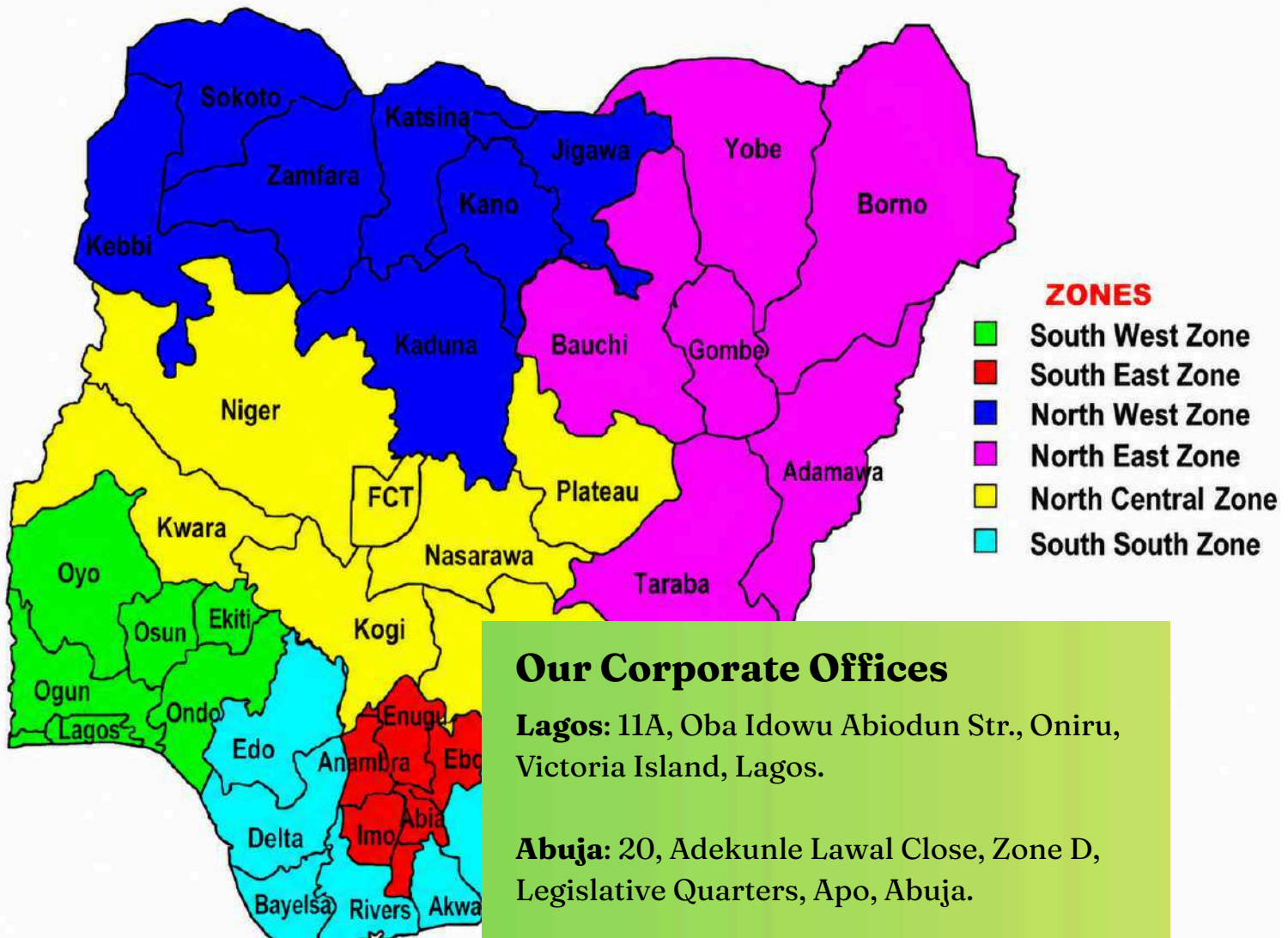
Ultrasound gels, probe covers, biopsy guides, and imaging accessories.



Laboratory, Surgical & Interventional Care

Diagnostic reagents, sample collection materials, testing kits, procedure kits, sterile disposables, and specialty consumables for lab and interventional procedures.

NIGERIA GEO-POLITICAL ZONES



Our Corporate Offices

Lagos: 11A, Oba Idowu Abiodun Str., Oniru, Victoria Island, Lagos.

Abuja: 20, Adekunle Lawal Close, Zone D, Legislative Quarters, Apo, Abuja.

Kano: 194, Sharada Nata "B" P.O. Box 2470, Kano.

We Are in All 36
States Including
FCT Abuja.

Contact Us

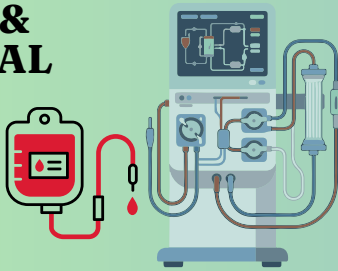
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LABORATORY & DIAGNOSTICS

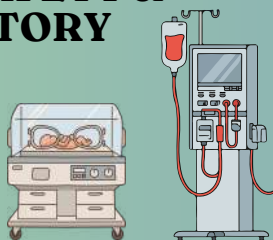


Precision diagnostic solutions for hematology, biochemistry, and urinalysis.



Rapid diagnostics and automated laboratories.

BLOOD SAFETY & RESPIRATORY



Innovative solutions for blood component technology and pathogen reduction.



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